

Cost Evaluation Report

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Getting the family together for a meal may seem like it requires a monumental effort. Long work days, complicated school schedules and extra-curricular activities pull everyone in different directions. Many parents find it difficult to keep up with their children's lives. Days may go by without the whole family spending any time together at all. One important way that families can stay connected is by sharing a meal. Finding a time each day when everyone can sit down together goes a long way toward strengthening common bonds. Eating together regularly promotes better communication, shared learning (through discussion), and even better nutrition. If a family is too busy for a meal together, they may be too busy period.

Have you considered the following per Week

How valuable is your time ? \$8 - \$22 per hour

Menu Planning - Breakfast, Lunch, Dinner, Snacks, Desserts	1 hr	2 hr	3 hr	4 hr
Shopping Time	1 hr	2 hr	3 hr	4 hr
Travel Time	20 min	40 min	1 hr	1.5 hr
Preparation and Cooking	12 hr	14 hr	16 hr	20 hr
Clean Up	5 hr	6 hr	8 hr	9 hr

Total Time _____ hours per week x \$ _____ per hour = \$ _____

Groceries (Organic or Processed Foods)	\$165	\$195	\$245	\$375
Gas	\$5	\$10	\$15	\$25
Electricity	\$15	\$25	\$30	\$35
Going out to eat (one time a week)	\$45	\$55	\$65	\$75
Food Waste Cost (aprox 1/3 of what is prepared is thrown away)	\$35	\$55	\$75	\$95

Total Cost \$ _____ per week Total Cost per meal \$ _____

Now put a dollar amount on your Health \$ _____

Average:

2 hours, per week
 3 hours, per week
 1 hour, per week
 14 - 20 hours, per week
 5-9 hours, per week

\$165 processed - \$345 organic
 \$6 - \$22
 \$15 - \$45
 \$49 - \$79
 \$45 - \$75

