



Get started today - an easier, faster, more satisfying way to Feed Your Family by identifying and setting your goals.

Feeding Your Family Goals Worksheet:

1. What would you like to change with how you are currently feeding your family?
I want to change _____

2. What tools and resources (cooking skills, nutrition information, inspiration, organization, efficiencies) do you need to support the changes you want to make?
To make the changes I need _____

3. Where can you find the time to invest in feeding your family?
I can make time to plan and save time in the long-run during my _____

4. How would you like to improve your family meals?
I would like to improve our meals by _____

5. Are there traditions around mealtimes from your own childhood you would like to preserve and/or things you'd like to do differently?
I would like to preserve the family traditions of _____

I would like to begin new traditions such as _____

6. Are you concerned with the amount of money you spend on your food budget or by how much food you waste?
I can save money on my food budget and reduce waste by _____

Table365 will provide the answers to these questions with information, education and inspiration. An easier, healthier, more efficient way for you to feed your family is our mission.

cheers! Sharon & Kimberly