



# Our Right to Food

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MacDougall Family



# MacDougall Family - who lives here?

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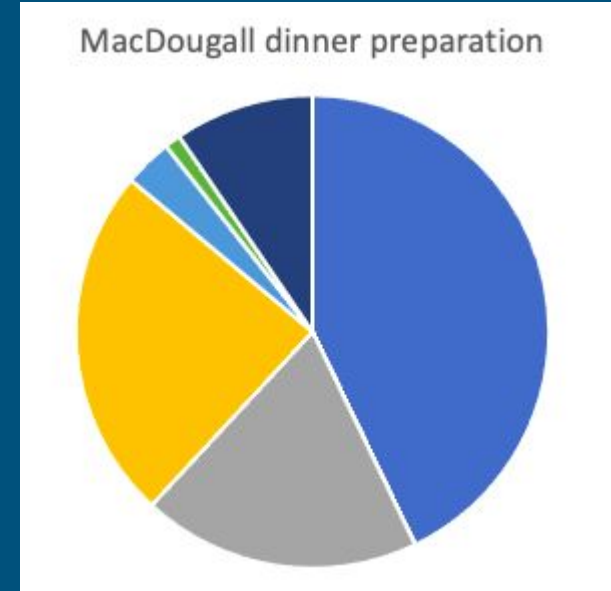
# Healthy 'enough' and enjoyable

Breakout Room

- Explore the detail - dinners
  - Consider balance in meal preparations
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# MacDougall Family - Weekly Dinners

<b>Scratch</b>	Spaghetti Bolognese and garlic bread , Agnes also has salad (Wednesday) Tuna mayo and sweetcorn baked potato (Thursday) Chicken, bacon and lentil stew (Sunday)
<b>Assisted</b>	None
<b>Assembled</b>	Chicken nuggets, chips and peas (Monday) Cheese and cucumber sandwich (at work Saturday night)
<b>Convenience</b>	Daal with rice (Agnes) + Cottage pie (children, Tuesday) Supermarket pizzas (with added toppings) (Friday)
<b>Takeaway</b>	None
<b>At fathers</b>	Simple dinner or McDonald's (children, Saturday)



# Meal Preparation Categories

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<b>Scratch</b>	raw ingredients, like making a soup or curry from individual vegetables and spices
<b>Assisted</b>	some prepared ingredients, like a jar of curry sauce or spice mix (like fajita spice packs)
<b>Assembled</b>	bringing parts of a meal together, like sandwiches, burger or chicken nuggets and chips
<b>Convenience</b>	bought prepared from the supermarket, like ready meals or pizzas