



Our Right to Food

Robinson Family



Robinson Family - who lives here?



Healthy 'enough' and enjoyable

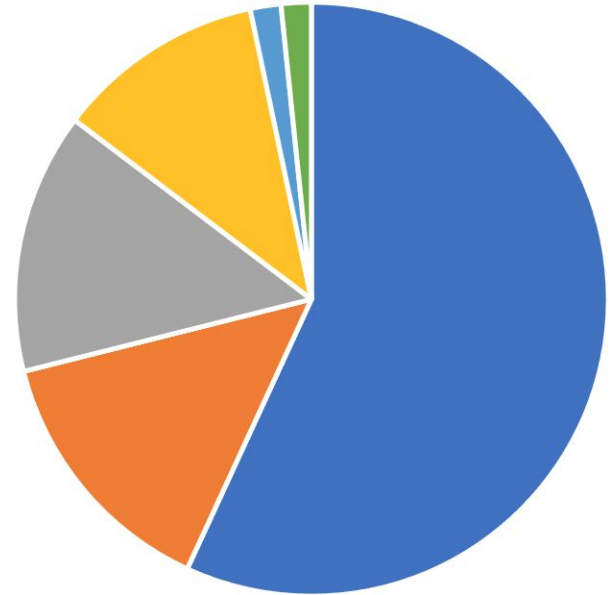
Breakout Room

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

Scratch	Chicken Pasta / Tuna Pasta (Monday) Mince and Potatoes, with broccoli (Tuesday) Spaghetti Bolognese and garlic bread (Wednesday) Roast Chicken dinner (Sunday)
Assisted	Vegetarian Fajitas (Thursday)
Assembled	Fish finger sandwiches (Saturday)
Convenience	Supermarket pizzas and garlic bread (3 Fridays per month)
Takeaway	Fish supper, sausage, pizza, chips and fizzy drinks (1 Friday per month)
Eating out	Family eats out every other month, including birthdays for adults and teenager. Replaces takeaway dinner that month.

Dinner preparation Robinsons



Meal Preparation Categories

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