

Title:

10 Steps For Cooking-Up Family Memories

Word Count:

459

Summary:

The kitchen is the perfect place for making memories. When you spend time baking, cooking and

The benefits of preparing and enjoying food as a family are clear. You save money and eat health

Keywords:

cooking, cuisine, gourmet, kitchen, family, recipe

Article Body:

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The benefits of preparing and enjoying food as a family are clear. You save money and eat health

So, here are 10 steps to get your family cooking up memories.

Step 1:

Teach small children the fun of cooking by helping them bake cookies and cakes. If you are sho

Step 2:

Encourage the littlest ones to play pretend cooking. Kids love to play with real mixing bowls,

Step 3:

If you live by your day-timer, schedule in baking cookies with your kids. Our schedules can be

Step 4:

If you have teenagers, let them play their favorite music while they wash the lettuce and set

Step 5:

Work together with your spouse to prepare the dinner and use the time to catch up on each other

Step 6:

Even if you are in a rush preparing dinner, remember to reduce your stress and focus on creati

Step 7:

When spending time preparing food with your children, include lessons about healthy eating cho

Step 8:

On days where you anticipate time will be tight, consider taking a short cut by using a frozen

Step 9:

Share the job of grocery shopping. One week have mom take one of the children as a helper, the

Step 10:

Have big family meals where you share about your day. Keep the conversation fun and avoid nega

Take these steps today and make your kitchen a fun and memorable place for your whole family.

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