NANA'S HOLIDAY *Happiness Lessons*

STARTER PLANNER



Remember. Listen. Plan. Make. Share.

Five printable pages for a food-memory interview, a thoughtful gathering, a useful shopping plan, and a story worth keeping.

Use with a parent, grandparent, caregiver, friend, mentor, or chosen guest. Draw, dictate, write, or simply notice. Choose the traditions that fit your household.

REMEMBER & CONNECT

Begin with a food memory.

Choose a food from a meaningful day, or one you are curious about. Invite someone special to share a memory. An adult guides contact and asks permission before recording or sharing.

A food I remember, or want to discover:

What do I notice about its color, texture, place, or meaning?

What food does my chosen person remember, and why?

What is similar or different? What could we make together?

Keep their words. Leave uncertain details uncertain. If no interview partner is available, an adult can share a memory or help create a clearly imagined story.

PLAN & WELCOME

Give the gathering a purpose.

Our gathering name and the feeling we hope to create:

Date

Serving time

Guests

Our menu (lasagna, salad, and bread are one possible meal):

An adult checks food needs, tools, space, and access:

Useful roles: Who plans, shops, prepares, welcomes, and cleans up?

Our spending target and one way to use what we already have:

Adults lead heat, blades, food storage, and guest contact. Choose tasks by readiness. Plan perishable preparation within the actual meal session, following the full recipe.

NUMBERS, MONEY & TIMING

Shop thoughtfully. Plan backward.

Check the recipe and pantry with an adult. Compare prices in matching units. Recipe amounts and package sizes are different; buy enough whole packages. Leave unknown prices blank.

Item / ingredient	Need	Have	Packs to buy	Actual cost

Known shopping total: Prices still to check:

Start with the serving time. What must happen before it?

What can we make early? What needs to be prepared fresh?

A partial total is not the full cost until all prices are known. Use the Family Studio for the worked meal, package arithmetic, and a backward timeline.

CARE, SHARE & REMEMBER

Keep the story behind the moment.

Use a real memory or clearly imagined story. Add your own drawing or a picture you have permission to keep. Everyone can choose what to include.

A picture, a drawing, or a meaningful detail

Our story begins...

A small discovery or change...

What we want to remember, and one kindness to carry forward:

Check spelling, picture permissions, and private details before sharing. Keep the pages together, or add your words and artwork in the Family Studio.

healinglifemedia.com/family-studio/