

Activity name: Organize the pantry.

Educational area of reference: Home management

Goals

- Improve household autonomy
- Avoid waste

Number of participants: 3 to 5

Time needed: 2 meetings of 3 hours each

Description

This type of activity can be done during a week-long vacation in an apartment or in an independent living project

Day I

The operator invites participants to list everything they need to prepare meals on the days they are in the house, for house and personal cleaning.

As the children list things, they are placed on lists created by macro-items:

Beverages

Canned goods

Frozen foods

Fruits and vegetables

Delicatessen

Bread

Butcher shop

Pasta and rice

Household cleaning agents

Detergents for personal hygiene

Participants will go grocery shopping and each will be assigned one or more lists.

Once back in the apartment, participants will sort the groceries in the pantry by type.

Savory foods, sweets, liquids, canned goods, detergents, etc. will be separated in the cabinets.

You can also divide the space by "time slot," for example, dividing all the things you use for breakfast into a separate department (cookies, rusks, tea bags, long-life milk, instant cocoa, honey and jam).

Day II

Participants will prepare macro-item sticker labels to put on the pantry or shelf door to help immediately identify the foods contained

Macro-item lists will also be prepared to be used to make it easier to make the daily grocery list

ES.

On the list is the name of the item and how many pieces are in the pantry (quantity) Each time you take a piece you have to subtract it from the quantities. It may also be easier to write 1 1 1 instead of 4 and then cross off the single number instead of subtracting



PRODUCT

HOW MANY

Tomato puree

1	2	3	4
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Beans

1	2	3	4
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