





- Does your family order from food delivery services?
 Is it cheaper, or better for you and your family to cook meals at home?
- Choose a meal you sometimes buy or order for delivery. Can you cook it together instead?
- Compare the cost. Compare the quality. Was it healthier?
 Did it taste great or maybe you need more practice!
- Think about what else you could make at home instead of buying.

You can save money by making instead of buying.
Creating something with your own hands can also help you develop a great new skill!

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Time to get hands on with your child! This activity encourages your family to save money by cooking together or making things, instead of buying them.