

Aleksandra



Meet the family



Sophia



Benjamin



Boris

Jonathan



Resilient cooking: sharing meal prep responsibility

Family adopting new behaviors
in relation to responsibilities for
sourcing, preparing and
managing everyday cooking

Design information

Diploma Apprentice's name	Aleksandra Kudojare
Date Apprentice Started Diploma	01 February 2020
Project Title	Resilient cooking: sharing meal prep responsibility
Design Number	9 of 10
Date Design started	01.04.2024
Date Design Completed	25.11.2024
Has the design been implemented	Yes
Online link to Design	<i>Coming</i>
Type of Design	Non-land based
Design Category	Health & Spiritual well-being, Education & culture
Name of Personal tutor	Delvin Solkinson
Ready for presentation	Yes
Name & Signature of assessing tutor	
Date of assessment	

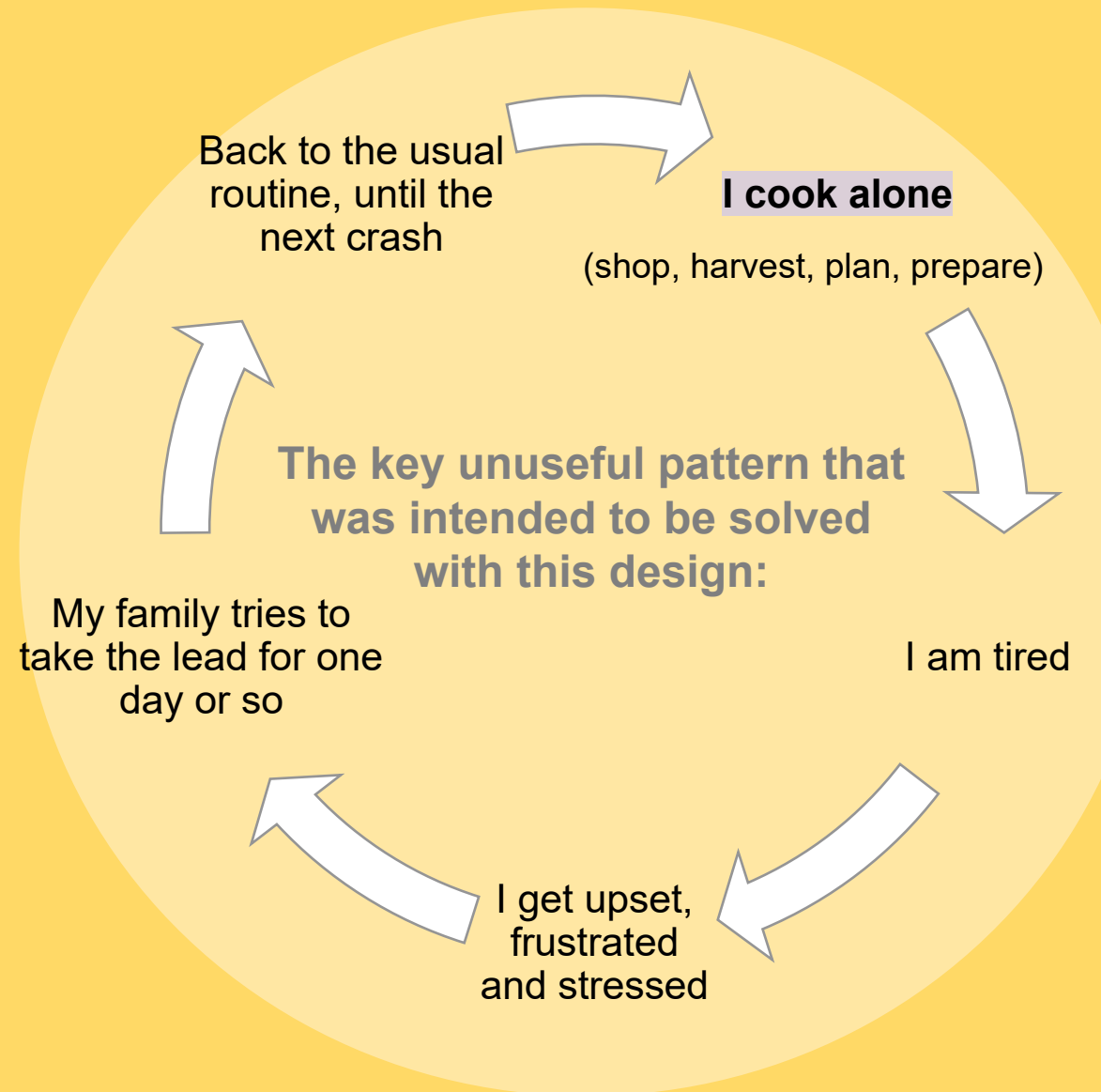
Brief

This design was started, because I felt overwhelmed with the workload related to preparing meals for my family, as I had most of the knowledge and skills for doing so and due to very high standards for meal preparation, i.e., whole foods, home made, harvesting from the garden and the wild. As we wanted to maintain this standard, we needed to find out how we can do it together.

The purpose of this design was to understand the gaps. Surprisingly, the main problem was not the lack of skills and knowledge of other family members (as I initially thought was the biggest issue) but the absence of good routines, structures and automation of some processes, along with my own focus on getting things done rather than passing the knowledge and delegating.

A set of resilient cooking principles, practices and tools was developed to aid us to move in the right direction.

The client - our family. Design framework - Design Web



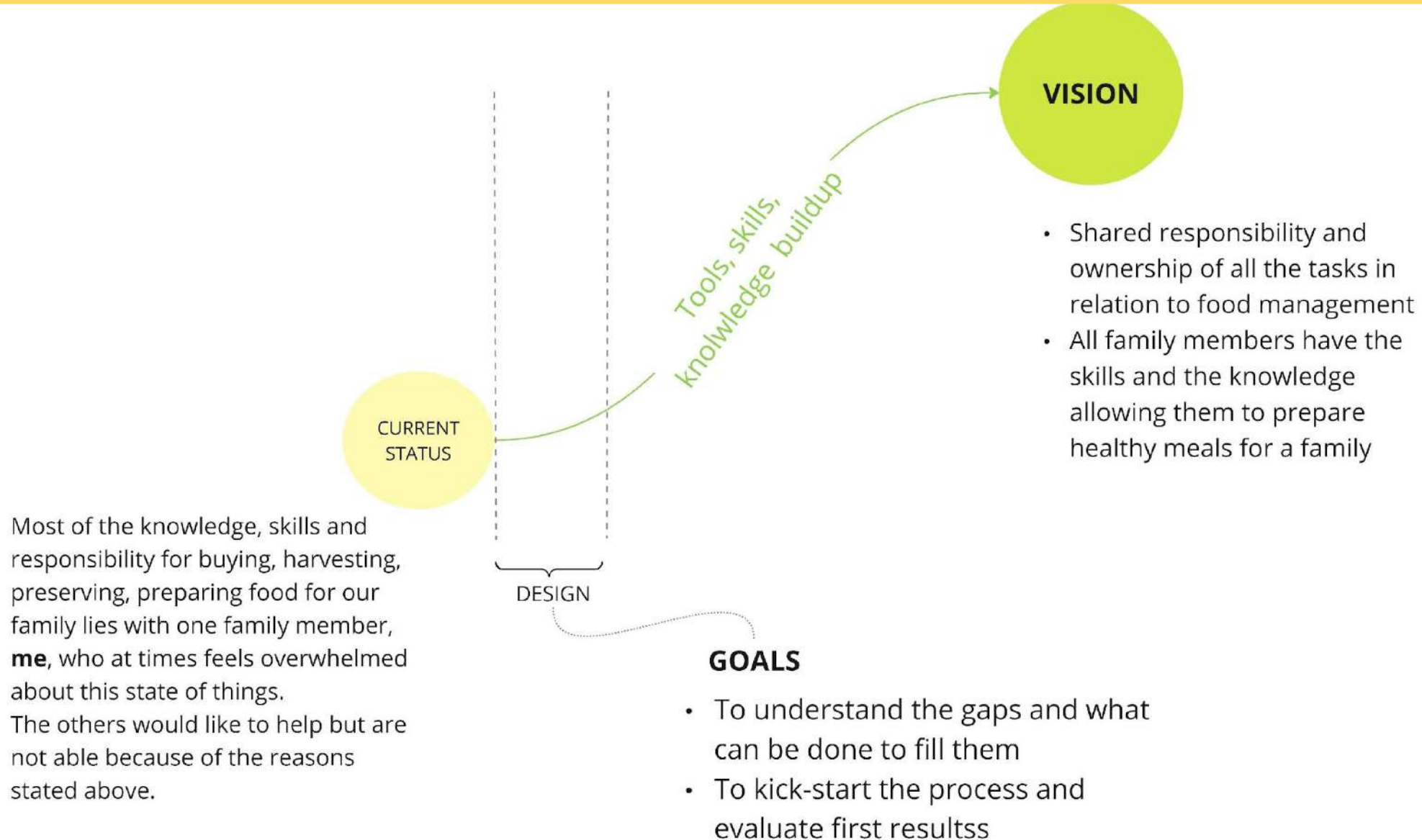
Goals for progress as designer

As this was my 9th design, there were certain things I wanted to work on to sharpen my design practice. These were based on the comments from previous design assessments:

- **Ethics, principles and Design web anchors used as tools** to identify needs and help decision making
- Clear **links between limits, needs and solutions**
- **Concise design**

As the client for this design was the entire family, it made sense to make a **participatory design**, to be co-creating with my family.

Design Goals & Vision



Scope of the design

I would like to be clear what the focus of this design was, to avoid confusion: despite having the title "Resilient Cooking", the design was not about self-sufficiency or permaculture recipes.

Not in scope:

Fair Share has to do with our lifestyle, our consumption patterns, where our food comes from: e.g. support of local farmers, home grown, seasonal food, as these affect the future generations.

It was not a part of this design to evaluate what could be done better re. sourcing of the food and improvement thereof. We had already established these practices, which were optimal for us. In the design these were mentioned as this is an essential basis for resilient cooking practices; however, the aim was not to re-evaluate and improve these.

Earth Care is about care for all life on the planet, about improving soil and biodiversity. Similarly to the above, it was not a part of the design to assess how we could grow more food ourselves. It was not about what we cooked and why. These decisions had been aligned with permaculture ethics in the past and further improvements could be a part of another design.



Wine cap mushrooms – own production 😊

In scope:

People care was the key focus of this design. **Self-care**: finding better routines / practices in relation to cooking, supporting my mental health and regeneration. **Care for others**: passing the knowledge and teaching the skills to my kids and husband. **Care for community**: becoming more resilient as a family via adopting new behaviors and changing unhelpful patterns. Sharing our experiences and learnings with others.



Sauerkraut from my workshop on Samsø.

Time to hold a similar workshop for my own family.

Design Goals

- 1) To understand the gaps, what is not working, what are we missing to move towards our vision of shared responsibility and ownership of meal preparations
- 2) To come up with ideas how to fill these gaps
- 3) To try out these ideas / new initiatives
- 4) And to evaluate the first steps

What would you like to achieve with this design?

"To always have a plan on which food is to be prepared next, so everything works like a swiss clock. Focusing on simple, but just as healthy and nutritious dishes."

Boris

"To make a plan for healthy affordable self-managed cooking when I move out from home."

Sophia

"To always have food ready to take from the fridge. I want more food easily available."

Benjamin

"To do more active things in the kitchen. Like use manual meat grinder. This is fun. To cook on open fire: you need to turn it around all the time. I like to gather mushrooms and cut them."

Jonathan

Momentum - Motivation

To keep motivation with the design it was (and always is) important to me to deeply relate and understand why this was vital for me.

I needed this design because I wanted to give certain life skills and certain knowledge to my children.

Also, I needed it because I was struggling to keep up, as the kids were no longer small kids, but fast-growing teenagers, with great appetites.

In addition, I needed to learn to delegate, let others work and change the "faster to do it myself" attitude. Having **People care** in mind: Focus on connection, bonding and having **FUN** together!!!

People care

I could see my whole family appreciated, knew and could identify what good food was. That included the children. To some extent we had grown to be picky eaters: we were eating whole foods, homemade meals prepared from scratch from partially home grown or locally, organically (biodynamically) grown. We were baking our own bread, making our own ghee, fermenting veggies, harvesting from the nature and garden.

I could already see these seeds sprouting in our children. They were growing proud to be eating varied diet, taking "strange" lunch boxes to school, enjoying all the colors and flavors that they had on their plate every day. I believe this appreciation of good food can be a lever to drive skill build-up even further.

Appreciation

"Obtaining yields helps us maintain motivation and momentum on our paths".
Looby Macnamara.

There are so many yields this design has the potential to bring:

- Cooking together can be fantastic family quality time.
- We will build up important skills & knowledge for kids.
- I will get some breaks from cooking, days free from cooking.
- We will be becoming more resilient by diversifying responsibility and skills.
- I will learn how to pass knowledge.
- If I learn how to pass knowledge, we can replicate this to other things.

What is not to like!!

Obtain a yield

Momentum - Practices

Picking up the design regularly. Even when it goes uphill!

Use the "unfinished" design! Test out ideas, strategies and tools. Play with it!

Note down ideas as we go. Tweaking along the way!

Add pictures to the design! They make it alive and give energy to continue!



Jonathan shows how it's done

Limits

Internal

- Personal unhelpful patterns, i.e., impatience, inconsistency with passing the knowledge and delegation. “Faster to do it myself” attitude.
- Feeling that I am the only driver behind this initiative. Feeling that I should have involved the kids a lot sooner, and now its too late.
- Overwhelmed with the scope of the project. The task feels too big, where to start, behaviors are hard to change.
- ? Perfectionism and professionalism

External

- The family didn't have required knowledge and skills.
- Comfortable as-is situation.

Helps

Internal

- Becoming more and more skillful designer. Realization that things do change.
- I am pretty good at making food.
- Love cooking. My arena for creativity, experiment and play.



External

- Generally very supportive family and willing to help.
- Generally interested to learn more.

Patterns - Dysfunctional

- Not knowing what to cook, suddenly we are struck by the absence of ideas what to cook.
- Too late to know that some products are missing. Have to run to the shop.
- Cooking from scratch takes a long time.
- Dinner to be ready by 16:00, when kids get from school hungry. Have to take an hour during my working time to prep a meal. Can be quite stressful.
- One person owning the responsibility for all meals.
- A lot is based on my high proficiency. I cook without explicit recipes, replace ingredients, know how to combine products, like the challenge of improvisation. This knowledge is hard to pass.
- Family members often lack basic skills, e.g. how to cook quinoa or boil eggs. Explanation takes time. Faster to do it myself.
- Family members often lack knowledge on what is healthy, what we are buying where, etc.

“What do you miss?” survey summary:

- Food ready to take from the fridge
- Bigger volumes
- Pre-made veggies
- Rigid routines
- What to cook inspiration
- Clear food plans

Patterns - Functional

- When I was starting this design, Sophia was 18 and creative and dared to experiment in the kitchen, bringing new dishes and inspiration to me. She had already known very well what was healthy and what was not.
- Benjamin (13) was growing more and more curious about what was healthy and what was not, willing to eat well and a lot (growing so fast), interested in cooking, proud to be the only one in his class who could cook a few dishes and was eating and loving vegetables.
- Jonathan (7) loved and has had the most knowledge about the edibles in the garden, was the only one who helped harvesting in the garden, could help with routine tasks, was curious and eager to “play” in the kitchen.
- Boris always loved precise instructions, was willing to work hard as long as he was told what to do, liked automatic and boring work, knew a few dishes and liked cooking for us whenever he had good time, and no one was looking from behind his shoulder.



It's real man's job to open jars

Sophia's famous blueberry pancakes



Use and value diversity!

Appreciation

When you learn to do something yourself, you appreciate / value it more than when it's done for you.

(For example, a lot of cleaning in the kitchen was being done by Boris and we were taking it for granted. Similarly, me owning the cooking process was being taken for granted by others.)

On our path towards the resilient cooking vision we had to get better at appreciating each other's work by actually doing each other's work.

The following ideas are driven by the appreciation anchor:

- Boris treats me to a meal (once a week, once a month, whatever is feasible)
- Kids treat us to a meal
- Cleaning after cooking shall be added, to complete the process.

Appreciation as solution and as the driver!



Boris' Saturday shakshuka

Pause

Pausing was used in the following way:

- My free-from-cooking days regularly planned-in.
- Pausing with cooking, slower, more mindful cooking for me.
- Cooking outside by Boris, this is naturally a slow and mindful process.



Ideas

- Have a backlog of workshops to do on weekends
- Make tasks overview
- List of skills per person who can do what
- Cards with what can be cooked
- Monthly tours in the garden what can we harvest now monthly
- Guidelines how to prep food in advance
- Principles, practices, tools (inspired by Looby's and Delvin's card decks families)
- Watch videos together
- Send them to cooking workshops



Boris' first herbal tea harvest, following the video Jonathan and I made

[Amazing tea blend \(youtube.com\)](https://www.youtube.com)

Integration

Limits

Bad at involving others

Personal unhelpful patterns
Impatience & inconsistency with passing the knowledge & delegation
faster myself attitude

I am alone

Feeling that i am the only driver behind this initiative
Feeling that i should have involved kids a lot earlier and now its too late

Overwhelming scope

Overwhelmed with the scope of the project. The task feels too big, where to start, behaviours are hard to change.

No knowledge or skills

External Limits
Family members do not have required knowledge or skills.

Needs

Become better at involving others

Practice delegation
Practice passing knowledge & skills

Include others in the design

To find a way to include others early on

Unburdened, simple, helpful framework

To break this down into manageable chunks

Make knowledge explicit

Understand specific gaps? what do they need to learn?

Design strategies

Obesrve & interact
Observe unhelpful & helpful patterns
Find a way to break unhelpful and multiply helpful

Participatory design
Collect needs early on
What do they miss to be able to help
Fill those gaps

Final result should be a structured and simple userfriendly "framework". That can develop and grow over time. Use incremental approach and agile methodology

Integration

Unhelpful Patterns	Need	Solution
Family members often lack knowledge what is healthy, what we are buying, what is in season, etc..	Need to have explicit principles and guiding rules.	Resilient cooking (RC) Principles Tool: Sourcing overview
Not knowing what to cook, suddenly we are struck by the absence of ideas what to cook.	Need to have a database of possibilities.	Tool: List of dishes Tool: One week menu
No food ready to be taken from the fridge.	Need to pre-make some food.	RC Practices: cook double portions, have always 2 kinds of garnishes, have hummus and pesto ready
Cooking from scratch takes a long time.	Need to prepare some products in advance.	RC Practices: have the vegetables prepared for use, have garnishes available RC principles: keep it simple
Family members often lack basic skills, e.g. how to cook quinoa or boil eggs. Explanation takes time. Faster to do myself.	Share knowledge, make it explicit.	Tools: List of workshops, topics, life skills.
One person owning the responsibility for all meals.	Aleksandra needs breaks.	Tool: one week menu, routines chart
Discover too late that some products are missing. Have to run to the shop.	Need to have a list of what we shop for and when, how often and who.	Tools: Shopping list Sourcing / storage overview
Dinner to be ready by 16:00 when kids get from school hungry. Have to take an hour during my working time to prep a meal.	Need to have food pre-made / prepared in advance.	RC Practices Tool: Routines chart
A lot is based on my high proficiency. I cook without explicit recipes, replace ingredients, know how to combine products, enjoy the challenge of improvisation. This knowledge is hard to pass.	Need to make knowledge explicit. To share skills.	All the tools

Action

1) Interview stage: joint and 1:1 (Collect needs early on)

- ✓ What do they miss to be able to help?
- ✓ What is not working at the moment?
- ✓ What can they help with during design?
- ✓ What are they curious to learn?

All of us

2) Design stage

- ✓ Analyzing helpful and unhelpful patterns
- ✓ Ideas how to unbreak unhelpful patterns
- ✓ How can we utilize helpful patterns
- ✓ Brainstorming and developing needed tools, practices, principles

Mostly me

3) Implementation stage

- ✓ Testing – using developed tools and applying resilient cooking principles and practices

All of us

4) Evaluation stage

- ✓ What is working and what is not?
- ✓ What needs to be reinforced? Re-designed?

Me and Boris

Resilient cooking

- I. Principles
- II. Practices
- III. Tools:
 - i. Sourcing & Storage overview
 - ii. Shopping list
 - iii. Database of dishes
 - iv. Workshops backlog
 - v. Routines chart / Chores chart
 - vi. Skills check-list
 - vii. Bonus tool → One week meal plan



Oops, whole cucumber dropped in the wrong place

Resilient cooking Principles

Principles to MYSELF

- ✓ Prioritize teaching and delegation over doing it myself
- ✓ Keep it simple (save energy).
- ✓ Cooking-free days planned in (pause / save energy).
- ✓ Accept (and lean into) negative feedback → when things go wrong and there is a crisis use this as a learning opportunity.
- ✓ Foster appreciation and gratitude (for wonderful food and a wonderful family).

In relation to Sourcing

- ✓ Locally sourced
- ✓ Seasonal
- ✓ Self-sufficiency to rational degree
- ✓ Buying in bulk

Informed by Ethics :

Fair Share & Earth care

- Seasonal, local farmers, self-sufficiency, process food intolerance, buying in bulk, diversity, sharing knowledge

People care

- Gut health, microbiome, pausing, appreciation, accepting feedback

In relation to Gut health

- ✓ No sugar
- ✓ Whole foods
- ✓ Zero tolerance towards processed foods
- ✓ Minimize gluten and lactose
- ✓ Maximize plant based
- ✓ Diversity
- ✓ High nutrition, vitamins & mineral-dense

Resilient cooking Principles (continued)

SPIRITUAL Principles to MYSELF

- “The white corn miracle”

it's about “flow” shopping, when you spot one curious / new thing that inspires you to a whole meal. Boosts creativity and introduces diversity. Even though our entire design is about automatization and rigid routines, it's good for me get some “air” and be creative. As everything in life it's not “either or”, it's about “yes and”.

- “The sushi rice phenomenon”

Somehow, since the very first homemade sushi that we prepared, Boris has been making the rice. It has not always been perfect; sometimes undercooked, sometimes too sweet or too acidic. But I have never taken this over from him. And I am so happy for that. Because the rice is perfect now and it's so helpful to have him doing it. The principle stands for: “Don't do it, don't take over, accept in any condition, dive into laziness.”

- “Don't serve the hate plate”

This realization was painful. While talking to Marit I realized that sometimes I put so much effort and energy into a meal and press myself so much to be on time with it, that when it's served, if my family didn't manage to express how amazing it is in the first 5 seconds – I get angry and blame them for not appreciating anything. Not much more to say here. Just don't do it. EVER.

- “Enjoy assembling the cabinet”

This one was the latest to come. In our early years with Boris I was struck by how different our approaches were. Mine was to do things myself as fast as possible (no matter what), his to involve kids as much as possible and doesn't matter if assembling the cabinet will take a whole day. Kids are growing so fast, so all I wanna do is “assemble cabinets” with them in the kitchen.

What is a “spiritual” principle:

- These principles are not coming from the mind, they are not forced.
- They emerge or present themselves.

Practices

- ✓ Clean the veggies, to make them easily available
 - Peel onions and garlic → store in glass jars with lid on
 - Peel carrots → store in glass jars in water with lid on
 - Shred cabbage
- ✓ Soak rice, lentils, beans, chickpeas, quinoa, buckwheat over night.
- ✓ Have two kinds of garnish (corn and legumes) cooked and stored in the fridge
- ✓ Cook double portions, for leftovers to be used for lunch next day
- ✓ Clean cooking (tendency to leave kitchen messed up) when possible, cook in pairs (one cooks , one cleans, good exchanging opportunity)
- ✓ Have different dips & learn different dips
- ✓ Defrost

Tools

Tools development based on the function / need

Sourcing food → 1) Sourcing overview, incl. types of products, suppliers, periodicity
2) Shopping list

Storage of food → included in the above + dedicated workshop

Cleaning/ preparing → part of practices & routines + dedicated workshops

Cooking → 1) database of dishes
2) (family recipes)
3) part of routines chart
4) Skills chart

(Cleaning during and after meals → part of practices)

Complete Tools overview:

Sourcing & Storage overview
Shopping list
Database of dishes
Workshops backlog
Routines chart / Chores chart
Skills checklist


Tools – Sourcing / storage overview

Company	Online	Products	How often // estimate	Storage
Aurion.dk	x	Biodynamic flour Biodynamic Oats Organic Green buck wheat	4 times per year	Lowest drawer
Fresh.Land	x	Seasonal fruits from Spain from organic and permaculture farms Primarily citrus + avocados + Tomatoes Other	Every second week during nov-may Once a month in June & Oct None July-Sep	Tomatoes, avocados outside fridge in boxes on kitchen counter and fireplace Some Fruits in bowl, the rest in the second fridges Veggies in the fridge in bags
Biodynamic farmer / Karl Henning (in Kvickly)		Carrots Onions Kale	Once a week	Fridge plastic containers If in bulk e.g., onions can be in the garage
Organic farmer Månsons		Cabbage, Kale, other crucefiorous veg. Eggs	Once in two weeks	Fridge
Rema		Organic meats Frozen herring (seasonal) Fresh fish Tomatoes (other)	Once a week	Fridge Freezer
Kvickly		"Thise" dairy products, grass fed or ad libitum Feta and goat cheese Oils	Once in two week	Fridge Counter / Cabinets
Neworganic.dk	x	Nuts	4 times per year	Cabinets
Different health stores	x	Clear Springs soya sauce and paste	4 times per year	Cabinets / fridge



Where does this 12,5 kg bag of oats go?

Tools- Shopping list



The image shows a screenshot of an Excel spreadsheet with a shopping list. The list is organized into categories, with some categories expanded to show sub-items. The categories are highlighted in green. The sub-items are listed in white cells. The spreadsheet has columns 1, 2, and 3 visible, and rows 1 through 133. The categories and their sub-items are:

Row	Category	Sub-item
1	Seeds	
7	Nuts	
8		Pekan
9		Hazel
10		Walnut
11		Almond
12		(Peanuts)
13	Nut & seed butters	
17	Legumes	
23	Dried fruits	
26	Grains	
35	Pasta	
38	Flour	
42	Vegetables	
61	Fruits	
69	Frozen berries	
73	Oil	
76	Preserves	
85	Meat	
92	Fish	
93		Frozen herring
94		(Trout)
95		(Flounder)
96		(Cod)
97		(anchovies)
98	Sweetners	
99		Honey
100		(Dark chocolate)
101		(sugar)
102		(Date silan)
103	Eggs	
104	Milk products	
116	Spices	
133	Tea/ Coffee	

Shopping list has been drafted in hand and then transferred to Excel.

Divided into categories: seeds, nuts, legumes, etc.

The products in brackets are not mandatory to have on stock, the rest we should always have by default.

Application:

Use filtering functionality and share the final shopping list by e-mail before shopping

Tools- Dishes overview

- Chicken in tomato kurry + Rice/Quinoa
- (Chicken Soup)
- Boller i karry + Rice
- Bolognese
- Chilise con carne - tacos
- Fitteli Meat balls in tomato sauce
- Frikadeller + potatoes (cold potato salad)
- Farsbrød
- Chinese noodles (chicken/Turkey/cabbage)
- Chinese food meat + veg.
- Karry veg (dahl)
- dumplings
- pilmeni
- Sushi
- sushi bowl
- Ramen
- Grilled veg,
- Shashlike
- burger
- Cold pink soup
- Borsche
- Fake tun salad with chick peas
- pancakes with meat
- one pot pasta

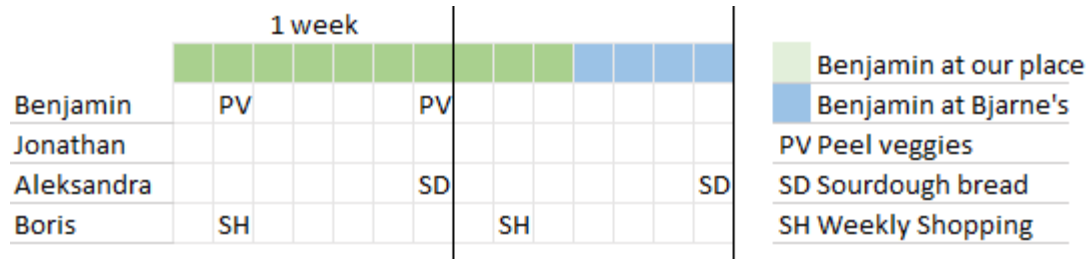
Madpakker

- bread + avocado Jonat.
- bread + cheese Ben
- hytteost Jon.
- teftels
- ~~quinoa~~ ^{eggs} ^{Both} ^{rice + cabbage + beet} ^{both} ^{quinoa + chiken.} ^{both} ^{bucacuhort.}
- cold salad hummus
- hummus pesto
- eggs + mayo adjika
- fruits tahin
- veggies labne
- nuts madbuxa
- seeds. gark / parsley / tun butter
- stuffed egg
- peanut butter sauce
- fermented / marinated salads
- ~~for two~~
- cucumber + acido salad

- cucumber + tomato + peper salad + oil
- Cabbage salad oil + yogurt
- Green garden salad
- Shakshuka
- omllet
- Sada
- pasta + flode sauce * chicken / dried tomato
- zucchini ...
- paella
- zucchini sauce - grandma
- plov
- laks + baked potatoes
- ↳ Roasted
- pizza
- lentil + lamp + stingdrettelie soap
- Potato mash
- tomato soup
- lasagna
- carbo nara
- tortilla wraps => chicken / beef / shrimp

Dishes overview has only been drafted in hand

Tools - Routines chart



- Taking two weeks rotation pattern to account for Benjamin's availability.
- Starting with min. weekly tasks

Tools - Workshops backlog

- Dissecting trout and making salmon “gravlax” and baked
- Dissecting chicken and making chicken tandoori
- Making fish frikadelles from herring
- Cooking rice, quinoa, buckwheat
- Plate constructor: protein, fat, fiber, carbs
- Workshop Buddha bowl principles
- Cleaning cabinets, learning where things are
- Sharpening knives
- Ordering nuts and flour
- Roasting nuts in the oven
- Making almond milk
- Making ghee

Other ideas:

- Visiting and cooking with other foodies
- Taking workshops together (as we did once with Sophia)
- Consider sending Boris for “Cooking for Men” course
- Involve kids when my sister in-law visits and we do all kinds of crazy cooking experiments: pumfu, tempeh, rejuvelac

Breakthrough moment: they don't need to learn it all from me they can teach each other!



Sophia learning from my mum how to make “zapekanka” (curd cheese cake)

Sophia teaching Benjamin how to make blueberry pancakes



Storage cabinets revised and ordered

Tools - Skills checklist

- Lunch boxes
- Dissecting fish / chicken
- Roasting nuts
- Making Ghee
- Making sourdough bread
- Sharpening knives
- Making nut/seed milk
- Hummus & pesto's
- Fermenting cabbage

IDEA!

Individual skill cards where you can cross off once you made it three times:

1. Initial teaching
2. Did it yourself with guidance
3. Did it yourself without help



Making Ghee

Tools – Skills individual deep-dive

	Boris	Sophia	Benjamin	Jonathan
What they already know / can do	Rice pilav (plov) Fish in the oven Baked potatoes Classic salad Boil rice Sushi rice Beef meet balls Shred cabbage	Curries One pot pastas Pancakes Healthy desserts Dumplings Egg dishes	Peeling of vegetables Spaghetti Bolognese Egg dishes Smoothies Cookies Salads Likes to grill Healthy desserts Tomato soup	Edible plants in the garden Peel veggies Knows where everything should be stored Quark Kefir
What they would like to learn		Hard- and soft-boiled eggs	Budha bowls	Rice porridge
What they should learn		Gluten-free baking	Lunch boxes Where things are stored	Lunch boxes

Talking to Sonja

Advice from Sonja:

- “Just stop doing whatever you are doing, e.g., stop making breakfasts and lunch boxes. You are making them “a bear’s service”.”
- “You are acting out of your perception (maybe “movie perception” of what a “good mom” is – e.g., ready with pancakes on Sunday morning).”
- “You are more likely to shout at them after those pancakes, unlike if you were to make those pancakes together”

(Spontaneous sharing of concerns & struggles in relation to the design during the retreat on Samsø, June 2024)

Breakthrough feedback from Marit, diploma student in the Norwegian system, graduating next year (after 7 years of diploma journey)

In relation to participatory design:

1. Do others agree not to lower standards. Write their exact answers. (agreed w. Boris, adult decision)
2. What is each family members vision/goal of this design? In their own voice, each one. (added)

In relation to the developed tools:

3. Simplicity!!! Not gourmet every time. To enable replication. (implemented → testing if I can live with it)
4. One week menu!! (implemented → Powerful)
5. Rigid schedule, 1 week menu repeated four times

Other:

6. Powerful observation and potential re. margins, i.e., pairing family members learning from one each other. Dig more into this.

While talking to Marit, I had the following reflection: "Knowledge passing was already happening in a lot greater degree than I thought. Different skills they already have. We are not starting from zero, you can see this from the individual skills overview".

Also, I have arrived at one of the spiritual principles, "Don't serve the hate plate".

(Marit read the design, and offered face-to-face feedback during the retreat on Samsø, July 2024)

One week menu

Jonathan

Aleksandra

Boris

Benjamin

Mon **Tue** **Wed** **Th** **Fi** **Sa** **Su**

Breakfast

Oat porridge w. apples, raisins ghee	Shakshuka (kids version)	Raw green buckwheat blended w. berries, dates or bananas	Fried Eggs Kvark w. berries	Overnight oats w. seeds w. berries chia	Shakshuka or Rice porridge	Pancakes or kvark Kvark or Homemade_granola
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Lunch

Rice (plov)	Bread (cheese or avocado)	Pasta Bolognese	Quinoa Baked chicken in tom sauce	Buckwheat Porkchops	Quinoa Humus & Thina	Cold potatoes salad Herring cutlets
Veggies snack Apples & nuts	Veggies snack Apples & nuts	Veggies snack Apples & nuts	Veggies snack Apples & nuts	Veggies snack Apples & nuts	Cucumber & tomatoe salad Fermented cucumbers	

Dinner

Green buckwheat Soup (pumpkin / lentil / potatoe)	Pasta x2 Bolognese - beef x2 (kids only) leafy greens creamy sause	Quinoa x2 Baked chicken in tom. sauce	Buckwheat x2 Pork chops (kids only) Fied mushrooms & squash	Rice (Bibimbap) Fried chicken filet (kids only) Eggs	Potatoes x2 Baked chicken in the oven	Rice (plov) Meat Carrots, onions
Cabbage & carrot Fermented cucumbers	Cucumber & tomatoes & onion & olive oil	Red cabbage & apple salad Seeds	Cucumber & tomatoe salad w. acido & garlic Sauer kraut	Fried cabbage, carrot & other veggies Sauer kraut	Cale salad w. apples Sauer kraut	Cucumber & tomatoes & onion & olive oil

Evaluation – goals achievement

Did you fulfil your aims? What worked what didn't?

Design goals	Goal achievement
To understand the gaps, what is not working, what are we missing to move towards our vision	Identified gaps: <ul style="list-style-type: none">- Lack of explicit structures: i.e. routines, plans- My own focus on getting things done rather passing the knowledge.- Lack of knowledge and skills (however not as big as initially anticipated)
To come up with ideas how to fill these gaps	Developed a set of principles, practices and tools to help resolve the abovementioned issues
To try out these ideas / new initiatives	Tried out most of the developed aids (detailed overview of which measures have been tested below).
And to evaluate the first steps	Brilliant. Principles, practices, tools were all enabling positive changes. It was very helpful to revisit them again and again, connect the dots and close the gaps. They helped lifting off the worst pressure and helped bring the family together around cooking.

Evaluation – developed principles, practices and tools

In the next slides I go through all the developed materials and mark with red if:

- ✓ it's been implemented / tried out,
- ✓ it had a powerful effect or not,
- ✓ something needs to be tweaked
- ✓ I am still planning to implement or drop it

Additionally, i highlighted with yellow the key takeaways / next steps / improvements:

Related to automatization:

- Shred cabbage
- Defrost (night before)
- Shopping for a week at a time

Related to delegation & teaching:

- Lunch boxes made by kids
- Skill checklists to try out
- Involve kids in ordering online

Related to next phase: anti-inflammatory menu

- Anti-inflammatory one week menu with focus on plant-based, lactose- & gluten-free dishes
- Make salad first / Veggies first

Evaluation Resilient cooking Principles

Principles to MYSELF

- ✓ Prioritize teaching and delegation over doing it myself – ongoing, very powerful, need to be mindful, doesn't come automatically, reinforced by revisiting the design → new spiritual principle “enjoy assembling the cabinet”
- ✓ Keep it simple (save energy) – very powerful, used when making one week menu
- ✓ Cooking-free days planned in (pause /save energy) – so far it has been difficult to implement, even if it's been added on paper. I can feel my need for being entirely cooking free for a day is not very high at the moment. I will park this one for now.
- ✓ Accept (and lean into) negative feedback → when things go wrong and there is a crisis, use this as a learning opportunity – yes, I have relied on this principle a couple of times. Helped me accept even partial accomplishment of some goals as a big success.
- ✓ Foster appreciation and gratitude (for a wonderful food and a wonderful family) – yes, manifested when we are working in the kitchen together and during the meals.

Spiritual principles

- ✓ “Don't serve the hate plate” These are gold! Here i put them in the order of power!
- ✓ “Enjoy assembling the cabinet”
- ✓ “The sushi rice phenomenon”
- ✓ “The white corn miracle”

Sourcing

In relation to

- ✓ Locally sourced
- ✓ Seasonal
- ✓ Self-sufficiency to rational degree
- ✓ Buying in bulk

Re-inforced in the “Sourcing /storage overview”. Has not been explicitly presented to the family. Would be beneficial to make cards. Also ask Ruth Marie to show her “tomato travel” cards for kids.

Gut health

In relation to

- ✓ No sugar – Yes (85% from where I would like to be)
- ✓ Whole foods – Yes, 100%
- ✓ Zero tolerance towards processed foods – Yes, 100%
- ✓ Minimize gluten and lactose – most difficult
- ✓ Maximize plant based – Yes, 70%
- ✓ Diversity – Yes
- ✓ High nutrition, vitamins & minerals dense – Yes, 80%

We talk about it all the time. Need for another design. Anti-inflammatory one week menu with focus on plant based, lactose & gluten free dishes and deep-dive into vitamin & mineral deficiencies recoveries.

Evaluation - Practices

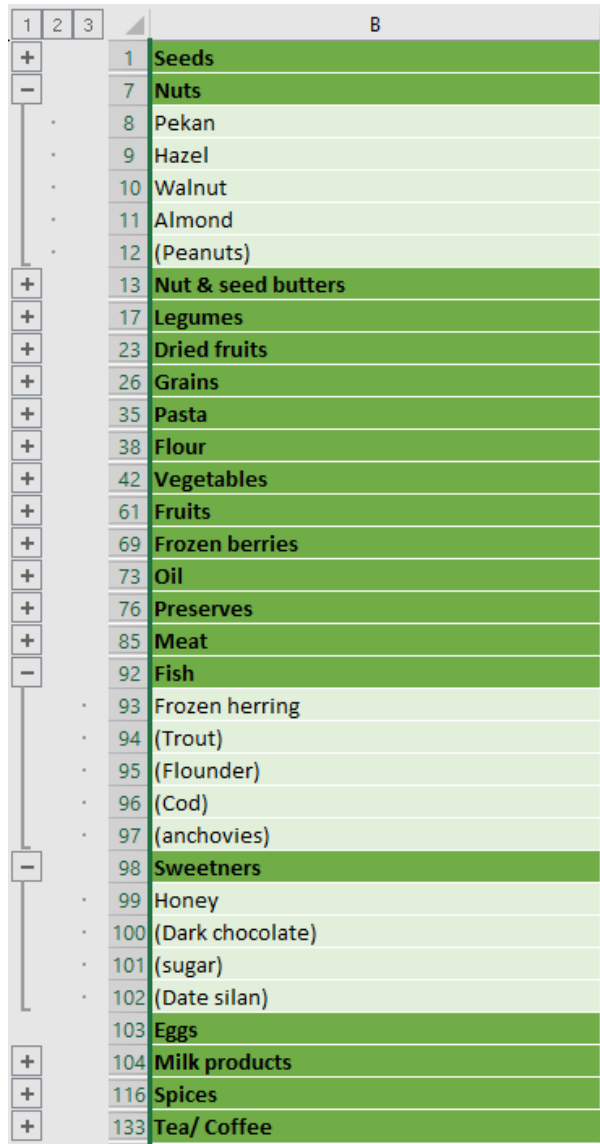
- ✓ Clean veggies, to have them easily available
 - Peel onions and garlic → store in glass jars with lid on → Yes, implemented, helpful, should continue.
 - Peel carrots → store in glass jars in water with lid on → Yes, implemented, helpful, should continue.
 - Shred cabbage → not implemented, should focus on it, e.g., wash and dry kale for a few days.
- ✓ Soak rice, lentils, beans, chickpeas, quinoa, buckwheat over night. → Yes, implemented, helpful, should continue.
- ✓ Have two kinds of garnish (corn and legumes) cooked and stored in the fridge → Legumes not used so much.
- ✓ Cook double portions, for leftovers to be used for lunch next day → Yes, reflected in one week menu plan, super helpful.
- ✓ Clean cooking (tendency to leave kitchen messed up); when possible, cook in pairs (one cooks, one cleans, good exchanging opportunity) → Not implemented, my mother is trying to work on this with kids.
- ✓ Have different dips & learn different dips → Not implemented, missing good dips that family likes and actually eats.
- ✓ Defrost (night before) → We keep forgetting this one, must improve

Evaluation Tools – Sourcing / storage overview

Company	Online	Products	How often // estimate	Storage
Aurion.dk	x	Biodynamic flour Biodynamic Oats Organic Green buck wheat	4 times per year	Lowest drawer
Fresh.Land	x	Seasonal fruits from Spain from organic and permaculture farms Primarily citrus + avocados + Tomatoes Other	Every second week during nov-may Once a month in June & Oct None July-Sep	Tomatoes, avocados outside fridge in boxes on kitchen counter and fireplace Some Fruits in bowl, the rest in the second fridges Veggies in the fridge in bags
Biodynamic farmer / Karl Henning (in Kvickly)		Carrots Onions Kale	Once a week	Fridge plastic containers If in bulk e.g., onions can be in the garage
Organic farmer Månsons		Cabbage, Kale, other crucefiorous veg. Eggs	Once in two weeks	Fridge
Rema		Organic meats Frozen herring (seasonal) Fresh fish Tomatoes (other)	Once a week	Fridge Freezer
Kvickly		"Thise" dairy products, grass fed or ad libitum Feta and goat cheese Oils	Once in two week	Fridge Counter / Cabinets
Neworganic.dk	x	Nuts	4 times per year	Cabinets
Different health stores	x	Clear Springs soya sauce and paste	4 times per year	Cabinets / fridge

Super helpful overview. Should be more explicitly introduced to Benjamin and Jonathan. **And involve them in ordering online.**

Tools- Shopping list



The image shows a spreadsheet with a shopping list. The list is organized into categories, each highlighted in green. The categories and their corresponding row numbers are: Seeds (1), Nuts (7), Nut & seed butters (13), Legumes (17), Dried fruits (23), Grains (26), Pasta (35), Flour (38), Vegetables (42), Fruits (61), Frozen berries (69), Oil (73), Preserves (76), Meat (85), Fish (92), Sweetners (98), Eggs (103), Milk products (104), Spices (116), and Tea/ Coffee (133). Sub-items are listed in rows between the category rows. For example, under 'Nuts', there are sub-items: Pekan (8), Hazel (9), Walnut (10), Almond (11), and (Peanuts) (12). Under 'Fish', there are sub-items: Frozen herring (93), (Trout) (94), (Flounder) (95), (Cod) (96), and (anchovies) (97). Under 'Sweetners', there are sub-items: Honey (99), (Dark chocolate) (100), (sugar) (101), and (Date silan) (102). The spreadsheet interface includes a column header 'B' and row numbers 1 through 133. There are also expand/collapse buttons (+ and -) on the left side of the spreadsheet.

Row	Item
1	Seeds
7	Nuts
8	Pekan
9	Hazel
10	Walnut
11	Almond
12	(Peanuts)
13	Nut & seed butters
17	Legumes
23	Dried fruits
26	Grains
35	Pasta
38	Flour
42	Vegetables
61	Fruits
69	Frozen berries
73	Oil
76	Preserves
85	Meat
92	Fish
93	Frozen herring
94	(Trout)
95	(Flounder)
96	(Cod)
97	(anchovies)
98	Sweetners
99	Honey
100	(Dark chocolate)
101	(sugar)
102	(Date silan)
103	Eggs
104	Milk products
116	Spices
133	Tea/ Coffee

Very helpful tool that we use all the time.

Have a wish to print it out and laminate and use whiteboard marker to make a list, to avoid the need to open computer

Evaluation Tools- Dishes overview

- Chicken in tomato kurry + Rice/Quinoa
- (Chicken Soup)
- Boller i kurry + Rice
- Bolognese
- Chile con carne - tacos
- Fitteli Meat balls in tomato sauce
- Frikadeller + potatoes (cold potato salad)
- Fansbrød
- Chinese noodles (chicken/Turkey/
cabbage)
- Chinese food meat + veg.
- Kurry veg (dahl)
- dumplings
- pilmeni
- Sushi
- sushi bowl
- Ramen
- Grilled veg,
- Shashlik
- burger
- Cold pink soup
- Borsche
- Fake tun salad
with chick peas
- pancakes with meat
- one pot pasta

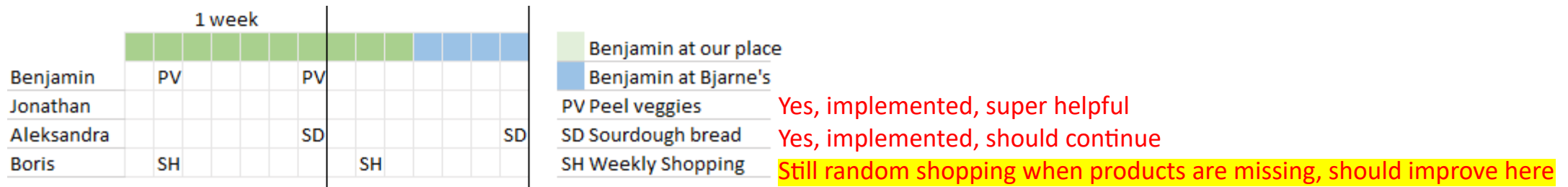
We have had several attempts at it with Sophia.

But so far, I am not happy with the result.

I think it's still a good idea to make a database of dishes with various metadata.

Not the first priority at the moment, as the "one week plan" seems to be a tool that we need for this purpose.

Evaluation Tools - Routines chart



- Taking two weeks rotation pattern to account for Benjamin's availability.
- Starting with min. weekly tasks

Evaluation Tools - Workshops backlog

- Dissecting trout and making “gravad laks” and baked
- Dissecting chicken and making chicken tandoori **Next**
- Making fish frikadelles from herring
- Cooking rice, quinoa, buckwheat **Next**
- Plate constructor: protein, fat, fiber, carbs
- Workshop Buddha bowl principles **Next**
- Cleaning cabinets, learning where things are **Done**
- Sharpening knives **Next**
- Ordering nuts and flour **Done**
- Roasting nuts in the oven
- Making almond milk
- Making ghee **Done**

Other ideas:

- Visiting and cooking with other foodies
- Taking workshops together (as we did once with Sophia)
- Consider sending Boris for “Cooking for Men” course
- Involve kids when we my sister in-law visits and we do all kinds of crazy cooking experiments: pumfu, tempeh, rejuvelac

- Only a few things have been accomplished
- I plan to do more, step by step (marked with ‘next’)

- These ideas seem less relevant at the moment

Evaluation Tools - Skills checklist

- Lunch boxes **MUST IMPROVE (I continue doing them, it's super easy, but I think kids should do it, need to ask Boris to help to involve kids)**
- Dissecting fish / chicken
- Roasting nuts
- Making Ghee
- Making sourdough bread
- Sharpening knives
- Making nut/seed milk
- Hummus & pesto's
- Fermenting cabbage

IDEA!

Individual skill cards where you can cross off when made it three times

1. Initial teaching
2. Did it yourself with guidance
3. Did it yourself without help

Haven't created them , would be super fun, should try

Evaluation Tools – Skills individual deep-dive

	Boris	Sophia	Benjamin	Jonathan
What they already know / can do	Rice pilav (plov) Fish in the oven Baked potatoes Classic salad Boil rice Sushi rice Beef frikadeller Shred cabbage	Curries One pot pastas Pancakes Healthy desserts Dumplings Egg dishes	Peeling of vegetables Spaghetti Bolognese Egg dishes Smoothies Cookies Salads Likes to grill Healthy desserts Tomato soup	Edible plants in the garden Peel veggies Knows where everything should be stored Hytteost Kefir
What they would like to learn		Hard- and soft-boiled eggs	Budha bowls	Rice porridge
What they should learn		Gluten-free baking	Lunch boxes Where things are stored	Lunch boxes

Very helpful tool, I visited it several times while creating one week menu plan

Only managed to do rice porridge and eggs

None here

Evaluation Tools Development areas

- LUXURY party meals → started
- Healthy pique-nique meals → started, very helpful, gives good satisfaction to have own quality food on travelling

Evaluation Tools Menu for a week

Mon	Tue	Wed	Th	Fi	Sa	Su
Breakfast						
Oat porridge w. apples, raisins ghee	Shakshuka (kids version)	Raw green buckwheat blended w. berries, dates or bananas	Fried Eggs Kvark w. berries	Overnight oats w. seeds w. berries chia	Shakshuka or Rice porridge	Pancakes or kvark Kvark or Homemade granola
Lunch						
Rice (plov)	Bread (cheese or avocado)	Pasta Bolognese	Quinoa Baked chicken in tom sauce	Buckwheat Porkchops	Quinoa Humus & Thina	Cold potatoes salad Herring cutlets
Veggies snack	Veggies snack	Veggies snack	Veggies snack	Veggies snack	Cucumber & tomatoe salad	
Apples & nuts	Apples & nuts	Apples & nuts	Apples & nuts	Apples & nuts	Fermented cucumbers	
Dinner						
Green buckwheat Soup (pumpkin / lentil / potatoe)	Pasta x2 Bolognese - beef x2 (kids only)	Quinoa x2 Baked chicken in tom. sauce	Buckwheat x2 Pork chops (kids only)	Rice (Bibimbap) Fried chicken filet (kids only)	Potatoes x2 Baked chicken in the oven	Rice (plov) Meat
Cabbage & carrot	leafy greens creamy sause	Red cabbage & apple salad	Fied mushrooms & squash	Eggs		Carrots, onions
Fermented cucumbers	Cucumber & tomatoes & onion & olive oil	Seeds	Cucumber & tomatoe salad w. acido & garlic	Fried cabbage, carrot & other veggies	Cale salad w. apples	
			Sauer kraut	Sauer kraut	Sauer kraut	

The one-week menu plan was the turnaround thing. Tremendous help in planning, cooking and inspiration to all family members. Going forward it will be refined and optimized with regards to selecting more anti-inflammatory dishes.

Reflection - Process

This has been the hardest design to execute so far. I think it's because it has to do with behavior change; and also because nothing is static and I've experienced many changes (e.g., Sophia moving out, my mother moving in, new knowledge and wishes regarding the dietary requirements).

There were periods of concentrated work and periods of frustration and apathy (see process timeline in the next slide), which I believe was related to the fact that I've designed too many tools to kick off at once. That forced me to think about what the first priorities were: bottom low practical, i.e., necessity (e.g., shopping list) vs. nice-to-have (workshop overview). You can't make Ghee workshop, if you don't know what to cook next day. This is where Marit's feedback was so helpful, and the one-week menu plan was a game changer that connected everything together (here is an illustration how).

The most interesting part is that Boris has always requested some kind of plan, also stated in his design goal. But I found it so rigid, so uninspiring, that I needed another person to point out that it needs to be simple and boring and repetitive. And once all my creative tools were not really working, I was forced to turn to this tool. And then everything fell into place...

Reflection - Process Timeline

	Apr		May				Jun		Jul			Aug				Sep				Oct				Nov		Comments									
	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38		39	40	41	42	43	44	45	46	
Initial work	[Blue bar from day 14 to 25]																																		
Feedback on the design					Design 80%								▲ Sonja				▲ Marit																	Sonja's comforting, supporting Marit's challenging and learningful	
Kids staying 1 week alone Sophia taking over my role																																		Sophia: "I am never having kids. This is too much work", said with a smile. Good thing: they can manage. Bad thing: all burden on one person and no supporting routines	
Implementing the tools																																		Minor improvements	
Pause, feeling empty																																		Feeling it's hard to change	
Changes																																		Sophia moved out →	Although anticipated still a shock to me
Changes																																		My mother moved in →	Took 50% of cooking
Feedback on another design "Receive encouragement"																																		▲ Helena	Helena's appreciation: gave me energy to kick-start the design again. Using Marit's feedback from Before.
One week's menu plan																																		■ Design	Back to design, adding another, too – a game changer
Living the one week menu																																		■ Implementation	Testing while my mom was out
Evaluation & Reflection																																		■	

Reflection Ethics

How were the Ethics used?


- Ethics were used to define the scope of the design
- People care was the key driver for the momentum
- Ethics were used to formulate resilient cooking principles

Reflection Principles - how the principles were used

Principles	Nutrition
Observe and interact	What are current challenges and inefficiencies, helpful and unhelpful patterns, helps, limits, unhelpful patterns vs. needs & solutions
Catch and store energy	My energy - bring more enjoyment and joy – break from cooking / getting energy from family time workshops Family energy – saving energy by introducing tools, i.e., lists, routines – relying on automatization
Obtain a yield	1) Cooking together is family quality time 2) Important life skills for kids / knowledge about food what is good what is not 3) days free from cooking 4) Family resilience
Apply self-regulation and accept feedback	Use of routines for automation of some processes Used in the survey phase to get feedback from my family Used in trying out the tools and tweaking and developing them further
Use and value renewable resources	We are renewable resources in ourselves. We can freely exchange knowledge and skills with others. Used in profile chart, to understanding what other family members can already do and know, what they like to learn, what can help them to move to the next level
Produce no waste	Integrated into resilient cooking principles: keep it as simple / high nutrition, vitamins, minimal time / rely on automatization through routines
Design from patterns to details	Tools development from functions to needs From patterns and limits to needs and specific solutions
Integrate rather than segregate	Workshops are excellent for combining both teaching and actually cooking, so two outputs Doing things together, in couples
Use small and slow solutions	Slow cooking. A principle that has not yet become a part of resilient cooking principles. One step at a time. Slow cooking is part of our ambitious slow living intentions. Where you take time (once in a while) to cook together without time limit. E.g., on the open fire outside making shakshuka. We have tried this a few times. It's a very special experience. Will be introduced after other principles, practices and tools are lived.
Use and value diversity	Used in profile chart. Helped me to actually see and value the diversity we have in our family (they already can do much more than I thought). Gave me the idea that not only I can pass knowledge or hold workshop but also Boris, Sophia, Jonathan.
Use and value edges and the marginal	All together for workshops vs. pairing up for tasks → different edges give different dynamics.
Creatively use and respond to change	The only constant thing is change. The design is created for change. Principles are more static the rest can change as needed E.g., adjusting weekly menu to include my mother as a resource (dishes that she is comfortable making).

Reflection on how ethics, principles and tools influenced decisions

Just one example to illustrate how the developed resilient cooking principles and practices, as well as permaculture principles and ethics and participatory design, affected one week menu plan development and how all these are intertwined and enable positive change.

 <p>Design Goal</p>	<p>Starting point: Jonathan's design goal: "To do more active things in the kitchen. Like using manual meat grinder."</p>					
<p>SPIRITUAL Principles to MYSELF</p> <ul style="list-style-type: none"> • "Enjoy assembling the cabinet" 	<p>Overcoming own bias – meat grinder is time consuming - by applying spiritual principle: "Enjoy assembling the cabinet" (People Care)</p>					
<p>Obs Principle Interact</p> <p>In relation to Gut health Principles</p> <ul style="list-style-type: none"> ✓ No sugar ✓ Whole foods ✓ Zero tolerance towards processed foods ✓ Minimize gluten and lactose ✓ Maximize plant based ✓ Diversity ✓ High nutrition, vitamins & minerals dense 	<p>Spotting an opportunity that requires meat grinder: minced herring for fish cutlets (instead of using food processor)</p>					
<p>Tool</p> <table border="1" data-bbox="206 986 461 1172"> <tr><td>Su</td></tr> <tr><td>Lunch</td></tr> <tr><td>Potatoes</td></tr> <tr><td>Herring cutlets</td></tr> <tr><td>Salad</td></tr> </table>	Su	Lunch	Potatoes	Herring cutlets	Salad	<p>Cheering for obtaining yield and Gut Health benefits related to resilient cooking principles (6 out of 7 met by having herring cutlets regularly) (People Care)</p>
Su						
Lunch						
Potatoes						
Herring cutlets						
Salad						
<p>Practices</p> <ul style="list-style-type: none"> ✓ Clean veggies, so they were easily available ✓ Defreeze 	<p>Including fish cutlets in one week menu plan.</p> <p>Enforcing resilient cooking practices → "Defrost" / "pre-peel onions"</p>					



Making minced fish for herring cutlets, November 2024.

Reflection— progress as designer

This is was the first time I explicitly defined the areas that I wanted to work on to develop my design practice based on the feedback from previous designs. For me this has been a helpful way to keep the focus.

	Aleksandra:	Delvin:
Ethics, principles and Design web anchors used as tools to identify needs and help decision making	Achieved. Throughout the design.	Is it visible throughout the design? Has it been done correctly? Could it be done better?
Clear links between limits, needs and solutions	Achieved. Reflected in the integration section.	Has it been done correctly?
Concise design	Not sure if this is achieved. It has been a very complex iterative process. Found it to be difficult to find balance between giving concise summaries and showing the depth and the struggles and the improvements along the way.	
Participatory design	This was my first attempt at participatory design. It was wonderful to engage my family, but it was not so easy. I think it went well in the survey phase. Getting their perspectives and inputs. But I think overall I expected more involvement from their side. E.g., during the production of materials: we planned that Sophia would help me make the deck of cards with principles, practices and tools. And that we would be taking them out and using explicitly during the everyday "teaching". And I also had ambitious plans for the various workshops that we would hold as a family. But I think it's more a matter of my expectations set too high. I am happy about the organic developments and improvements that we have achieved as a family.	

Reflection Lessons learnt

Diligence and persistence with the design practice...

... unlocks the magic and brings new realization. It can serve as a lever to reach further and uncover more truths.

And also keep you on the right track. Forcing you to read, to recall, to try out something, to take a break, to go back to the design, to realize you are still on the right pathway. Repeat, realize new things.

Asking for feedback during the design process...

... is a very potent way to improve your design, get another perspective, unlock bottlenecks, get support and encouragement.

Thank you to Marit, Sonja and Helena for sharing their insights and giving encouragement to me.

Reflection - Next step

1. Print and put in plastic
 - Shopping list A3
 - Principles as cards
 - Practices as cards
 - One week menu plan A4
2. Update one-week menu plan:
 - Adding more anti-inflammatory dishes
 - And dishes that my mother cooks

