

# Mother's Day Cooking Checklist

## Slow Cooker Chuck Roast, Kids Can Help!

Wash the carrots

Chop carrots (with help)

Chop onions (with an adult)

Put veggies in slow cooker

Help add the chuck roast

Sprinkle seasoning

Pour in water or broth

Put the lid on

Set the table for Mom

Serve dinner with love



### Dad's Helper Jobs:

Turn slow cooker on LOW

Check roast when finished



Dunnville Farmers Market, A Mother's Day meal made together

