Table of contents

2 About Me
3 Abstract
4 Problem Statement
5 Project Objectives
6 Project Limitations
7 Determining Success
8 Gantt Chart
9 Work Breakdown Structure
10 Research
13 Tools Used
15 Results
17 Reflection
A Bit About Me

Mia Schneider is currently a third year senior studying Graphic communication with a concentration in management at California Polytechnic State University, San Luis Obispo. She will receive her Bachelors of Science in June 2024.
The focus of my GrC 462 project is to preserve and celebrate my family’s cherished recipes passed down through generations by transforming a collection of notecards into a comprehensive Holiday cookbook.

This cookbook will serve as a modern and lasting alternative to the fragile notecards, providing a tangible and shareable heirloom for future generations to enjoy and carry forward the rich culinary traditions of my family.
After my grandma passed away, I received a box filled with notecards containing family recipes that had been passed down from generation to generation. I discovered that these notecards were challenging to read and were deteriorating over time. Additionally, many of the recipes lacked accurate measurements and details, as my family traditionally relied on touch and taste rather than precise measurements when cooking.

One challenge I face is deciphering my grandmother’s handwriting and testing all the recipes to ensure accurate measurements. I see this as a wonderful opportunity to transform these family recipes into a Holiday cookbook, featuring 12-15 of our favorite holiday recipes for everyone to enjoy. Instead of passing down notecards, we can pass down this new holiday cookbook to future generations.
Design and print a holiday cookbook, decipher and test recipes for accuracy, and create a digital layout for future use.

**Formatting and Digital Texts**
- Initial milestones involve discovering relevant digital texts and designing the cookbook’s format for a cohesive and engaging presentation.

**Visual Elements**
- Incorporate family photos and graphics throughout the book to enhance its appeal, creating a cherished family heirloom that brings my family’s culinary traditions to life.

**Physical cookbook:**
- Primary deliverable is the design and printing of my family’s holiday cookbook, serving as a keepsake with tested and refined recipes and photographs.

**Digital layout:**
- Develop a digital layout of the cookbook, facilitating easy reproduction for future printings.
Project Limitations

Time:
- I am concerned about having time to complete the recipe book especially given I need to sort through all the recipes, cook them and then photograph them. This in addition to the layout design seems like it will take a great deal of time.

Printing
- I am concerned about finding an appropriate and affordable printing option.
- There is some concern about the amount of time it will take for the book to be printed and shipped back in time for the final project due date.
Determining Success

Success is determined by:
Creating a digital layout of the cookbook, ensuring that it is print ready
  • Printing a physical copy of the cookbook that is easy to read and encompasses all of our family recipes
  • Engage with family and friends, getting their input and insights on ease of use and readability of the cookbook
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Work Breakdown Structure
Research

Source 1
What makes a good, accessible, easy to read font? - @gathercontent.
what-makes-a-good-accessible-easy-to-read-font

Details

• While professional opinions on font choices vary, certain guidelines, such as letter shape and differentiation, can help make fonts more accessible.

• The notion that sans serif fonts are universally more readable than serif fonts is not accurate, as readability depends on the specific font.

• Easy differentiation of letter shapes and clear distinctions between headings and body text are essential for readability.

• Font weight, in addition to shape, plays a role in legibility.

• Clear fonts are crucial, as unclear ones can lead to confusion. Some characters and letters can be easily confused, especially for those with visual impairments or age-related factors. Examples include “clear” vs. “dear” or “i” vs. “j.”
• When seeking the best fonts for reading, consider both legibility and availability. Microsoft fonts like Times New Roman, Verdana, Arial, Tahoma, Helvetica, and Calibri are popular choices due to their simplicity and widespread availability. Penn State’s Center for Accessibility and Usability also recommends fonts like Verdana, Lucida Sans (PC) or Lucida Grande (Mac), and Georgia for their legibility and availability.

• For good, legible fonts, aim for tall x-height, distinguishable characters, adequate letter spacing, and avoid thin weights on smaller font sizes, narrow-width fonts, block capitals, and fonts with mirrored characters.

• Heading font contrast is crucial to differentiate headings from body text and other heading ranks, enhancing readability.

• Legible apostrophes and quotation marks are important, with curved or slanted marks being preferable over straight vertical ones.

In summary, the best font for reading depends on various factors, including user research, legibility, and availability, and there is no one-size-fits-all solution, but these guidelines can help you make informed font choices.
When designing your family cookbook choose a design that appeals to you and include recipes that benefit your family.

You can categorize the recipes into dinners, desserts, or organize them by holidays.

Gather your favorite family recipes, the ones you make time and again.

Beyond recipes and images, consider adding elements like a table of contents, sections for substitutions, a biography explaining your motivation, a family tree, and a family history section to enrich your cookbook’s narrative.

Remember that family cookbooks are not just about recipes; they encapsulate your family’s culture and stories. They provide a space to connect with your roots and create a culinary legacy that can be shared with future generations.

As discussed in the article, I will aim to choose a design that will appeal to not just me but my entire family. I will avoid using recipes before they have been tested in order to ensure that when my family makes them they will be successful.
Tools Used

Adobe InDesign

Adobe Illustrator
The project was successful in transforming my collection of handwritten notecards into a digital layout and printed holiday cookbook. By deciphering and testing each recipe for accuracy, the cookbook emerged as a comprehensive compilation of cherished family recipes and photographs. The incorporation of family photos and graphics added a personal touch, elevating the cookbook into a cherished family heirloom.

The physical cookbook serves as a tangible keepsake, preserving our culinary traditions for current and future generations. Additionally, the creation of a digital layout ensures easy access and reproduction for those seeking a convenient digital version. Overall, the project successfully bridged the past and the present, providing a lasting legacy that celebrates the richness of our family’s culinary heritage.

Results
Sugar Cookies

Ingredients
- 1 cup of flour
- 1 cup of sugar
- 1/2 cup of butter
- 1 egg
- 1 tsp of vanilla extract
- 1 tsp of baking powder

Directions
1. Preheat the oven to 350°F.
2. In a large mixing bowl, combine the flour, sugar, butter, egg, and vanilla extract. Mix well.
3. Add the baking powder and mix again.
4. Roll the dough into small balls and place on a baking sheet lined with parchment paper.
5. Bake for 12 minutes or until golden brown.
6. Cool on a wire rack.

Lasagna

Ingredients
- 1 pound of ground beef
- 1 large onion, chopped
- 1 can of diced tomatoes
- 1 can of tomato sauce
- 1 package of lasagna noodles
- 1 cup of ricotta cheese
- 1 egg
- 2 cups of mozzarella cheese

Directions
1. In a large skillet, cook the ground beef and onion until browned.
2. Add the diced tomatoes and tomato sauce. Simmer for 10 minutes.
3. Cook the lasagna noodles according to package instructions.
4. Spread a layer of ricotta cheese on the bottom of a 9x13 baking dish.
5. Spread half of the meat sauce over the ricotta cheese.
6. Add a layer of lasagna noodles.
7. Repeat steps 4-6, ending with a layer of noodles.
8. Spread the remaining ricotta cheese on top, then mozzarella cheese.
9. Bake at 350°F for 30 minutes or until cheese is melted.

A Taste of Home
Reflection

Creating this cookbook was very significant to me. I was able to look back at all the memories through recipes and photos and see how food really draws people together. This project allowed me to apply my skills and knowledge and also helped me to gain more skills in many areas, including Adobe, photography and cooking.