



# Raising Generation AI

## Get dinner ideas from a photo of your fridge

**AI Skill:** Photo input

**Scenario:** That 5pm moment when you're staring into the fridge with no plan. AI can look at what's actually in there and suggest dinners you can make tonight.

### What you need

- ChatGPT (free) on your phone
- A fridge with some stuff in it
- About three minutes

### How to do it

1. Open the fridge — and the cupboard if useful, since many staples live there.
2. Open the ChatGPT app, tap the + icon, choose Camera or Photo Library.
3. Take a clear photo showing what's inside.
4. Paste this prompt and add the photo(s):

*Here's a photo of what's in my fridge. Suggest three dinner ideas for [number of people, ages] that I can make tonight using mostly what's here. Assume I have basic staples (oil, salt, pasta, rice, eggs, onions). Each one should take under [40] minutes and need no more than one trip to the corner shop for one or two missing items.*

5. Pick whichever looks best and start cooking.

### Good to know

- Photos of the fridge don't usually contain anything sensitive, but if there are personal notes, photos, or letters magnetised to the door, keep them out of frame.
- AI can miscount or misread labels, double-check the suggestions against what's actually there before you commit.
- Works just as well for the cupboard, the freezer, or both photographed together.

### Take it further

- Ask for a meal plan that uses up specific items before they expire ("the cheese needs eating today")
- Photograph what you've got in for packed lunches and ask for ideas the kids will actually eat
- Use the same approach to plan a meal from a hotel mini-fridge on holiday
- Photograph the receipt from a big shop and ask for a week of dinners that uses everything you bought