



GALIANO ISLAND



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Total Population: 1,258 People
Located in one of the Southern
Gulf Islands between Vancouver
Island and the Lower Mainland of B.C.

THE ISSUE

Lack of nutritional
assessment of the meals
provided by the club.

THE GALIANO CLUB

Established in 2008, builds community
through food-related activities on
Galiano Island. The program also
nourishes and strengthens island food
security by providing 50 meals per
week to members at a low cost of \$5.

WHY IT MATTERS



About 20% of the
population are
food insecure.



Elders are highly
dependent on meals
made by the club.



Children use the service
through the school
food program.

THE OBJECTIVE

Conduct nutritional assessments of 12
meals to better inform the development
of meals and to inform individuals that
access the Food Program about
what they're eating



THE APPROACH



UBC dietitian Gail Hammond further
expanded on the analysis and provided
dietary recommendations and changes
to the recipe aimed towards elders.

Nutritional Value Table
made for each recipe
through Diet and Wellness +

FINDINGS



As people age, there is an
increased intolerance to
lactose. In this case people
should decrease animal milk
intake and increase
plant-based fortified milk
(fortified with calcium
and vitamin D).



Although the body needs some sodium
to function, too much can lead to high
blood pressure, a major risk factor
for stroke, heart disease and kidney
disease (Dietitians of Canada, 2017).
The upper limit for sodium intake
is 2300 mg per day for adults.
Each recipe should try to stay
under 800 mg of sodium.



Adds variety the food that each
senior citizen consumes each month.
They are able to rotate what they
want to eat on a weekly basis
and not get tired of it. In addition,
due to the dietary restrictions that
some seniors have, a variety is
good for them to choose what
to consume each day.

TAKE HOME MESSAGE

The next group can expand on our recommendations and give sample
ingredients the Club can use as well as suggest other recipes that are lower
in sodium and dairy content.

Visit our blog at: <https://blogs.ubc.ca/galianoislandfall2017/>

Dietitians of Canada. (2017). Sodium. Retrieved Nov. 27, 2017 from <https://www.dietitians.ca/your-health/nutrition-a-z/sodium.aspx>

G. Hammond, personal communication, November 16th, 2017

J. Wolverton, personal communication, September 21st - October 25th, 2017

The Galiano Club and community food program. n.d. Food Program Updates. Retrieved September 21, 2017, from <http://www.thegalianoclub.org/>