Fewer Carbs Please

Nutritional Analysis and Recipe Development in a Frozen Meal Program

A collaboration between UBC and The Galiano Club

The Galiano Club is a registered not-for-profit located on Galiano Island in British Columbia. The Club runs a popular $5 frozen meal program, but was in need of more recipes for its senior population, many of whom live with diabetes and require low-carbohydrate meals.

40% of the Galiano Island population is at least 65 years of age [1]

Why It Matters

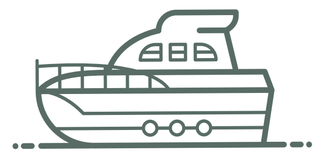
The program addresses issues with:

- Elderly people
- Socialization
- Healthy diets/diabetes
- Food insecurity

Recipe Criteria

- ✓ Cost below $5
- ✓ Diabetic-friendly
- ✓ Appealing to seniors

The Process to Getting There



1 **Research Criterion**
Criterion for diabetic-friendly as having less than 52% carbohydrates per serving [2]

2 **Search for Recipes**
Researched recipes within the criterion

3 **Test Kitchen**
Tested the creation and palatability of the meal

4 **Cost Analysis**
Determined the cost of a single serving to ensure it falls below the $5 sale price

5 **Nutritional Assessment**
Analyzed meals with the Diet and Wellness Program

What We Produced

$1.98 saved from each $5 meal

10 New meals created with less carbohydrates than existing meals on rotation

17 Nutrition assessments performed for new and existing meals to determine nutrient breakdown

The Take-Away

- Added 10 new diabetic-friendly, low-cost recipes
- Increased accessibility to affordable meals for seniors

What's Next?

Prepare as many meals as possible to ensure every resident has the opportunity to be included, as per the program's vision statement

References:
1 - Census Profile, 2016 Census - Galiano Island Trust Area, Island trust [Designated place], British Columbia and Alberta [Province]. (2018). Retrieved from https://www12.statcan.gc.ca/census-recensement/2016/dp-pd/prof/details/page.cfm??Lang=E&Geo1=590004&Geo2=PR&Code2=?48&Data=Count&SearchText=Galiano%20Island%20Island%20Trust%20Area&SearchType=Begins&SearchPR=01&B1=All
2 - Wolever, T., Gibbs, A., Mehling, C., Chiasson, J., Connelly, P., Josse, R.,...& Ryan, E. (2008). The Canadian trial of carbohydrates in diabetes (CCD), a 1-y controlled trial of low-glycemic-index dietary carbohydrate in type 2 diabetes: no effect on glycated hemoglobin but reduction in C-reactive protein. The American Journal of Clinical Nutrition, 87(1), 114-125.