

Galiano Island Food Program

Creating healthy affordable frozen meal options for seniors

The Galiano Club:

The Galiano Club is a non-profit organization founded in 1924 and promotes community engagement and community food security.²

Frozen Meal Program:

The Galiano Club offers a \$5 frozen meal program to the residents of Galiano Island and is a popular option among seniors.

Why is the Program Important?

Galiano Island is home to many diabetic seniors who suffer from food insecurity due to limited access to healthy, affordable meal options due to living on a small island.

Project Objective:

To create diabetic-friendly frozen meal options to be incorporated into the community food program.

What is "Diabetic-Friendly"?

- low in carbohydrates (45-60g per meal)¹
- low glycemic ingredients (i.e. more slowly digested and absorbed & prevent spikes in blood glucose level)

Our Approach:

- designed 6 healthy recipes
- traveled to Galiano Island to test all 6 recipes
- calculated price per meal to ensure all fell below \$5 to make
- served meals to the community (w/ satisfaction surveys attached)
- performed nutritional analyses on all 6 recipes to ensure diabetic-friendly criteria were met

Meal:	Carbs/ Portion:	Price/ Portion:	Add to Program?
Shepherd's Pie	16 g	\$3.23	Yes
Yam Chickpea Curry	41 g	\$1.63	Yes
3 Bean Chicken Chili	54 g	\$4.67	Yes
Beef Stir-Fry	40 g	\$3.40	Yes
Vegan Butter "Chicken"	34 g	\$2.59	Yes
Chicken Burrito Bowl	74 g	\$3.60	No

➤➤➤ Results ➤➤➤

5

new diabetic-friendly meals created & incorporated into the program

\$3.19

average cost per meal



Galiano Island Community Hall



Chicken burrito bowl made in test kitchen

"Quite happy with wide variety of options."
"We love your meals. They are a godsend!"
"Yum, Great! Delicious."

References:

- 1 - Spritzler, F. (2016, November 16). How Many Carbs Should a Diabetic Eat? Retrieved from: <https://www.healthline.com/nutrition/diabetes-carbs-per-day>
- 2 - The Galiano Club (n.d.). Retrieved from: <http://www.galianoclub.org/>

