



THE GALIANO FOOD PROGRAM

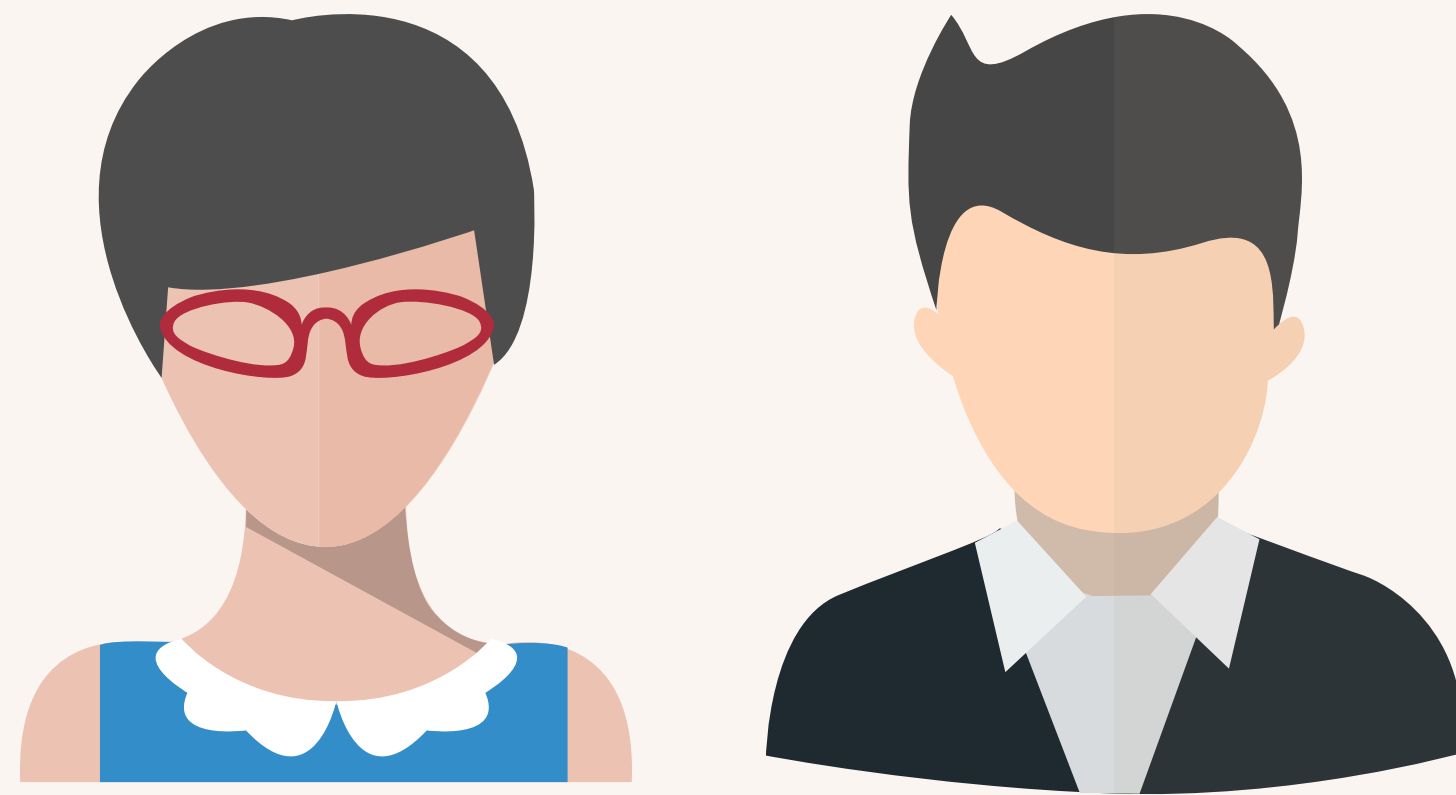
COMMUNICATING NUTRITION TO SENIORS



The Galiano Club Food Program (GCFP) provides **low-cost, handmade, prepackaged** foods to community members to ensure **community food security**.

THE ISSUE

A majority of these community members are **pre-diabetic and diabetic (DP) seniors** who need to make informed healthy eating decisions for their dietary needs.



WHY IT MATTERS

When DP seniors understand the nutritional quality of the pre-made meals, they have improved access to appropriate and nutritious food, enhancing **community food security** [1]

HOW WE APPROACHED IT



STEP 1

Reviewed literature and considered



STEP 2

Identified relevant DP nutrients



STEP 3

Create "Recipe Cards" with



STEP 4

Create "Fact Sheet" to



STEP 5

Surveyed seniors and found



STEP 6

Finalized design

OUR RESULTS

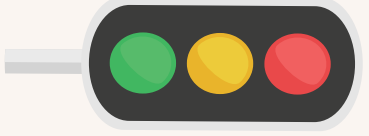
- Limited messaging [2]
- Interactive activities [2,4]
- Large text [3]
- Visuals [3]

-  **Potassium** [5]
-  **Sugar** [6]
-  **Fibre** [7]

- Nutrition quantities
- %PDV
- Visuals
- Ingredients
- Food pairings
- Fun facts

1. Define specific nutrients
2. Visually describe serving sizes
3. Explain rating system of nutrients

- Positive Feedback**
 - Fun facts
 - Visuals
 - Simple words
 - Ingredient list
 - Paired foods
 - Serving sizes
- Negative Feedback**
 - %PDV
 - Crowded
 - Unclear rating system
 - Small font

- Increased space and clarity
- Switched %DV and star rating for **G/Y/R**
-  - Enlarged font
- Kept **positively** received parts

TAKE HOME MESSAGE

Different DP senior food literacy levels affect understanding of nutritional values. We **incorporated seniors' feedback** in our final products. This includes visual components, fun facts, creative analogies, and a G/Y/R rating system. Overall, our project contributes to GCFP's vision of building a **"thriving, livable and food-secure community."** [8]

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