

The Joy of Food in the Golden Years

Goals

Designing a vision for the intersection of food, aging, and technology for 10-20 years in the future
Understanding interactions with and through food later in life, emphasizing the American context

Meet Addi

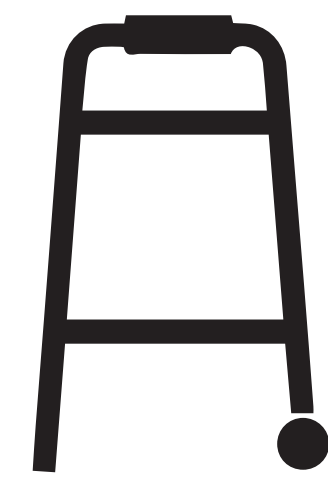


She is 60
She feels like she is 40
She is single
She is a technology inclined freelance

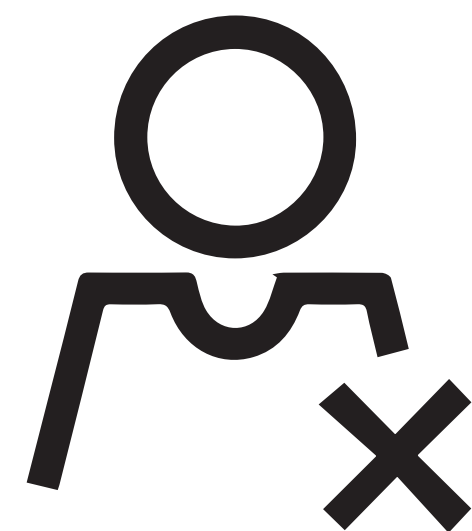
Her Story

Addi has always had a love for adventure. With food, she likes to keep a well stocked fridge and try different recipes, but she often finds herself cooking alone and without others to share it.

Barriers



Mobility
Constraints



Fear of
Rejection



Lack of
ability to plan



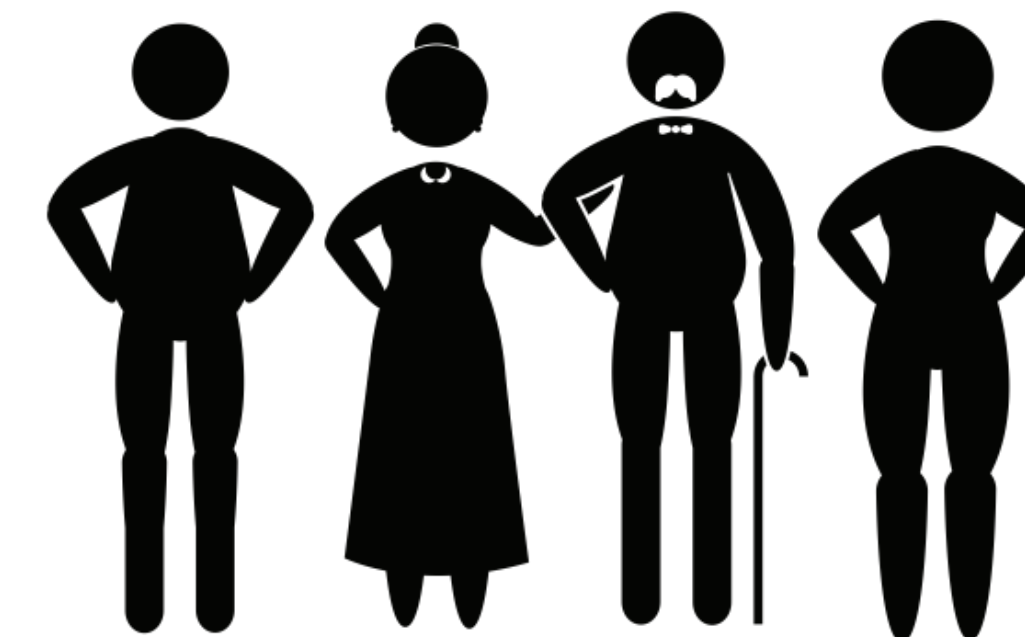
Inability to meet
new people

Insights

The joy of food is the people

There is a tension between
wanting connectedness and
personal independence

Food is a rich medium to tell
stories and to remember
personal experiences



Future Vision

You don't have to eat alone
if you don't want to

Sharing meals with others
confidently

People are empowered to
find the right meal for them



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Student Team:



Jiaying Wei



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Jen Wei



Sue Grimshaw



Lynn Andrea Stein



Mio Nishiyama

Advisor: Liaison:

Food

Aging

Technology

