

Food Kits: Cheap, Healthy and Easy Meals to Combat Diabetes II

Authors: Diya Pyata, Helena Nguyen, Sindhya Selvarajan, Yamileth Lemus



American diet lacks sufficient nutrients/fibers/vitamins, and is exasperated by financial and time constraints. In Starr County, the high poverty rate and lack of health resources place extra burdens to healthy food access and awareness on healthy eating.



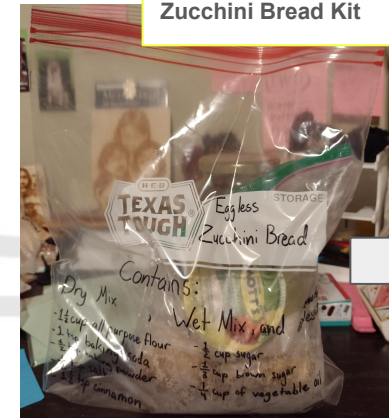
What if we could provide healthy, easily accessible free kits for communities, with ingredients from food pantries and microfarms to save time, money, and years of health issues?

Data:

- According to the “Dietary Guidelines for Americans, 2020-2025,” more than 80% of Americans have diets **lacking vegetables, fruits and dairy**.
- According to a National Health and Nutrition Examination Survey, a majority of US adults are **deficient in calcium and vitamins D, E and C**.



Zucchini Bread Kit



Zucchini bread made from a kit (photo submitted by a user)

HOW: Share the idea & the impact

We logged all foods available at local food banks in Austin and developed recipes that can be mostly made with items found there and substituted missing ingredients for available ones. We then developed kits with ingredients, a recipe card, and nutrition information card. To attract users, we handed out free samples of the food made from the kits (e.g. zucchini bread), and gave kits to those interested in making the food themselves.

Impact & Learnings:

- Majority of those who tasted the recipes we made expressed willingness to make the recipe themselves, and even more so when the ingredients were provided.
- Majority positive response from users who used the kits to make the healthy recipes.



Lastly, are there any suggestions or comments that you'd like to make?

2 responses

Great Zucchini Bread Loaf 🍞

Thank you very much for the sample and baking kit! The recipe was delicious, I never would have thought to add zucchini to bread that I was baking!

Next steps:

We were unable to connect with community centers in Starr County and was unable to continue our project with our desired user base

- Contact and find community leaders and programs to help implement our project in Starr County
- Funding to help with distribution and acquiring ingredients