



# Implementation of findings from the EU-funded project "Senior Food Quality".

## "Food Classes for Old People"

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### Background

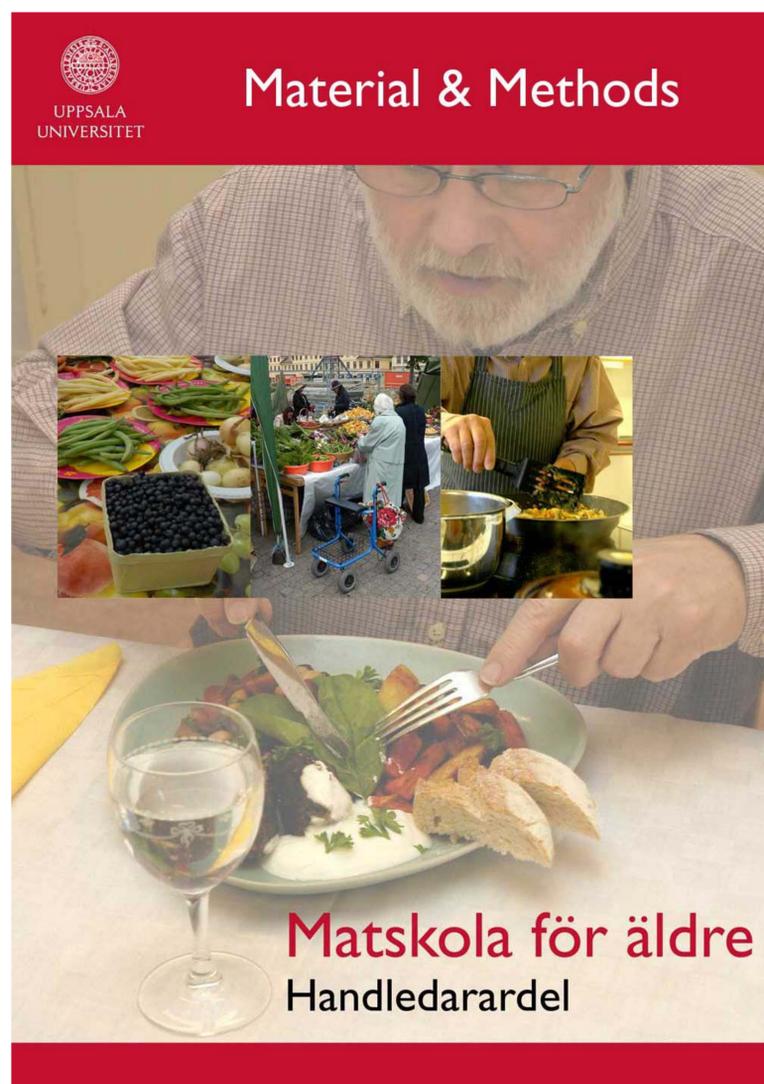
A major challenge for public health in European countries is to maintain health and quality of life in the aging population. However, very little applied research has focused on nutrition education and food knowledge programmes for this population group. "Food Classes for Old People" is based on the results from the EU-funded project "Senior Food Quality" (2002-2005).

### Objectives

- to enable the older to acquire knowledge about cooking and eating with focus on health
- to inspire old persons to meet in a meal situation and to create networks for future contacts.

### Manual, session 1-5

1. Food and health in old age
2. How to handle food according to food hygiene
3. Practical aspects - food ingredients, labelling and food procurement.
4. To cook - following simple recipes or to choose ready meals
5. The content- based on the participants own requests



#### Where can food classes be given?

Food classes could be performed in kitchens and dining halls intended for use in home economics teaching.

#### How large should groups be?

A group size of 8-12 participants may be desirable.

#### Duration of each class?

Approximately 3 hours, including introduction/lecturing, cooking, meal and summing up.

#### How to recruit?

- Advertise in local papers
- Through seniors clubs/organizations
- Local food stores
- Leaflets in libraries
- Local radio/TV

#### Who should teach?

Clinical-/administrative dieticians or home economic teachers.

### Conclusion

There is a need for flexibility in handling the **food situation** among old persons still **living at home**.

Thus, the food classes should be seen as a **preventive tool** and resource for staying **healthy** as long as possible.

The most important goal of implementing "Food Classes for Old People" should be maintenance of health and enjoyment of life also after 65+.