

hosten



Team Cactus



Shannon Tsai
Graphic Design, 7th term



Helene Huang
Environmental, 7th term

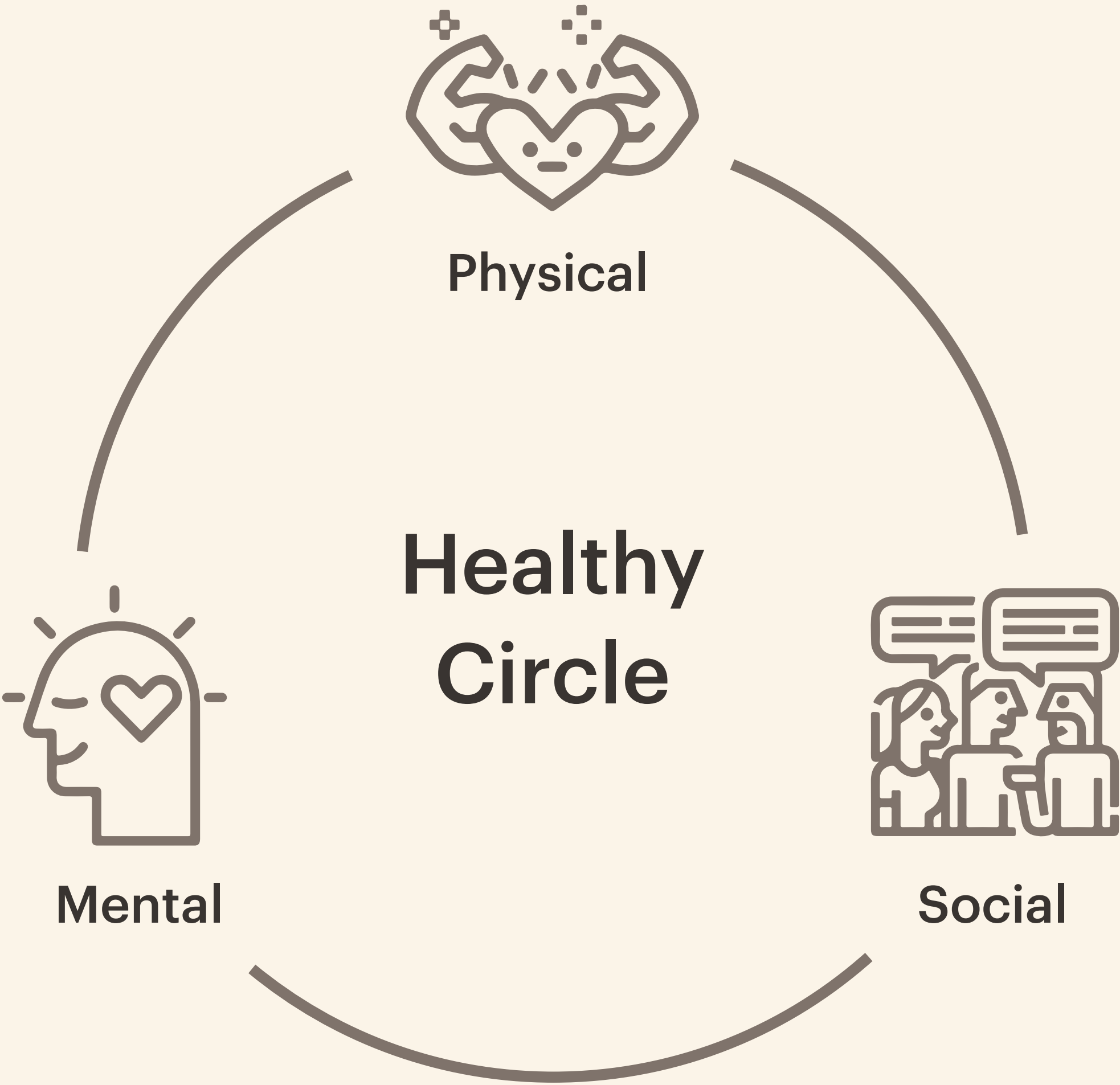


George Weng
Product Design, 7th term

Overall Scope

In the **post-pandemic era**, older adults are facing significant challenges in maintaining their **physical** and **mental health**.

Our Healthy Circle



Problem Statement

Loneliness and **social isolation** in older adults are serious public health risks affecting a significant number of people in the United States and affecting their **dietary intake**.





Take a bite of that sundae ice cream, and bring back childhood memories

Our Mission

Our program Hosten facilitates a healthier lifestyle by providing a **nutritional-enriched farmers' market, lively co-cooking events, and a fun dining & socializing experience for older adults.** We aim to bring older adults and young generations together safely with food.

hosten:

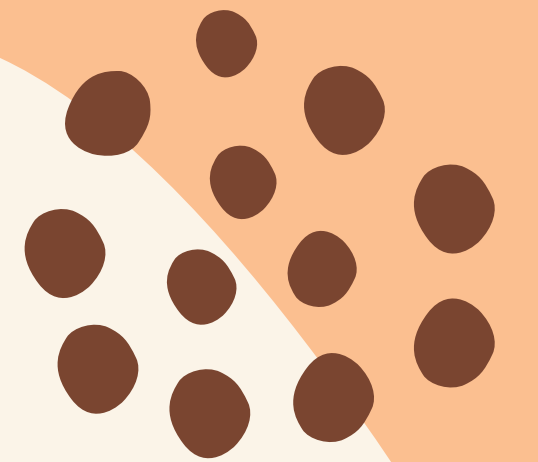
We are the host who invites our guests to:

Connect with new friends

Share cultural recipes

Cultivate a healthier lifestyle

By cooking with local harvest and dining together.



Audience



Older adults with chronic symptoms such as diabetes that need assistance on their diet

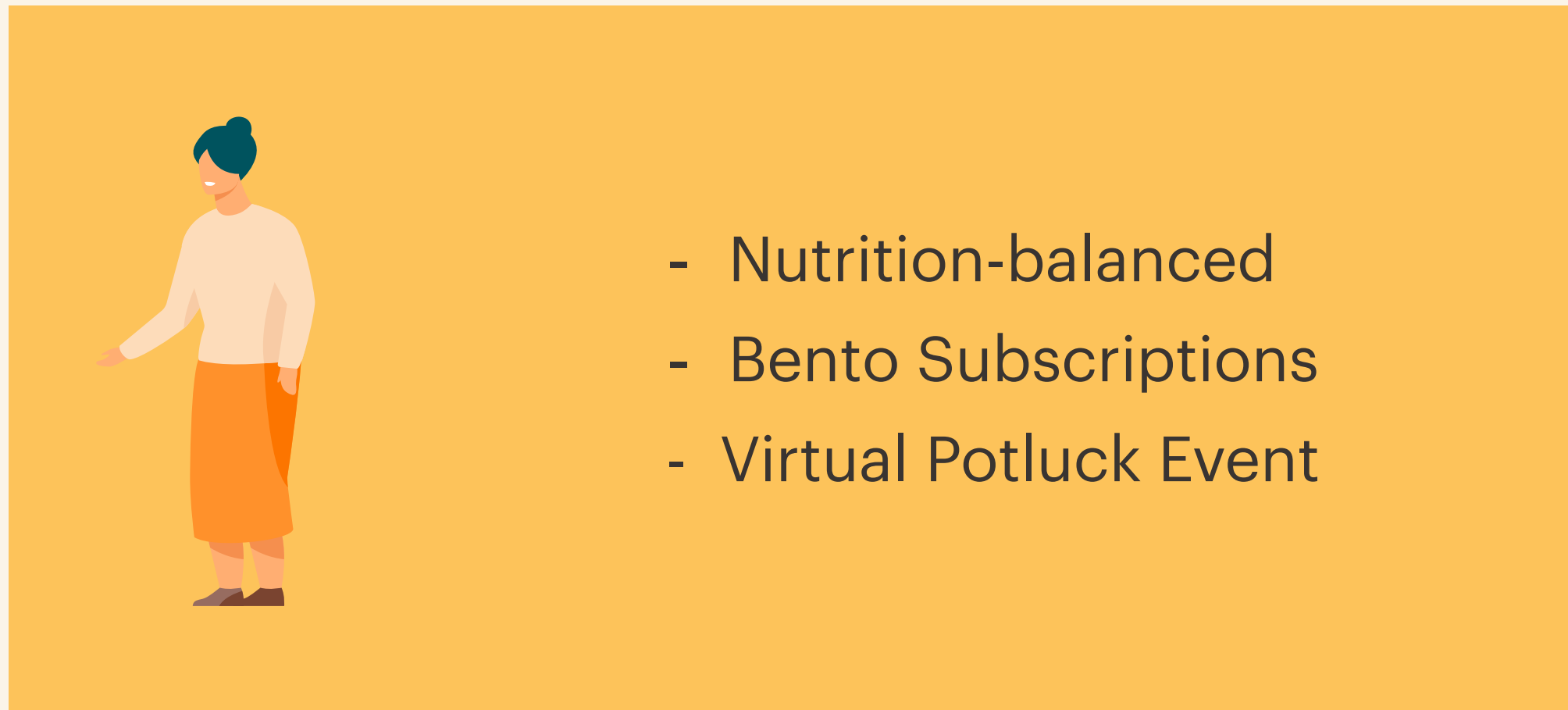


Older adults that are seeking a sense of purpose and fulfillment to thrive in their golden years



Older adults that are facing isolation and lacking social engagement due to the pandemic

Two Phase



Phase 1—Under the Pandemic



Phase 2—Post Pandemic

Meet Our Families

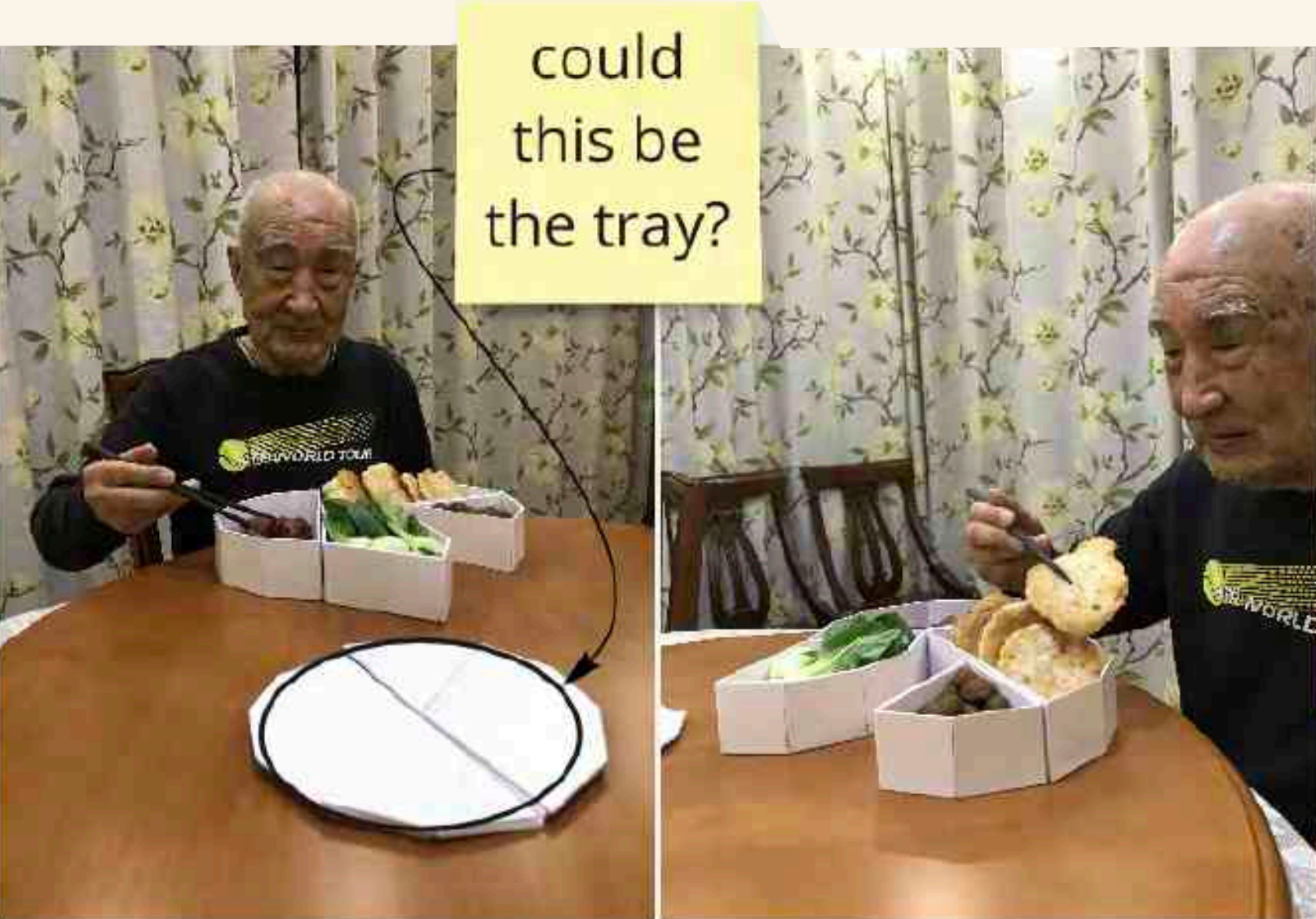
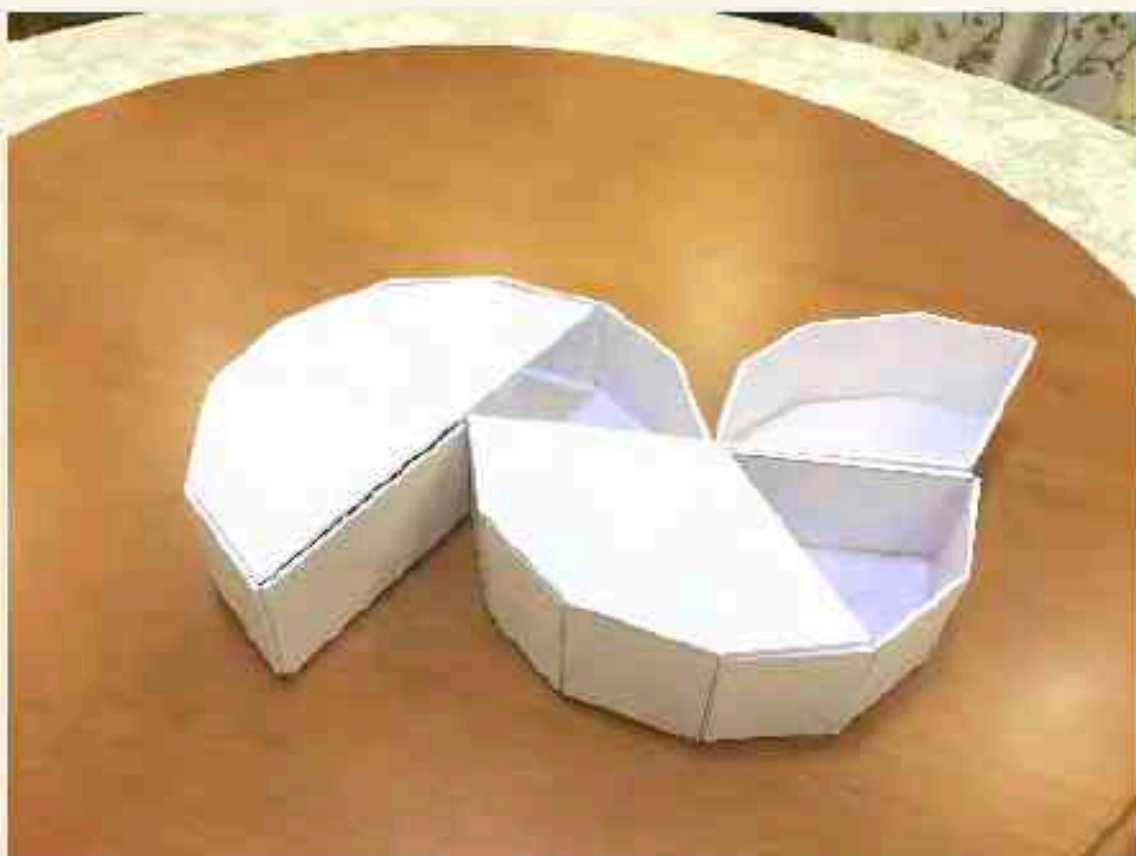
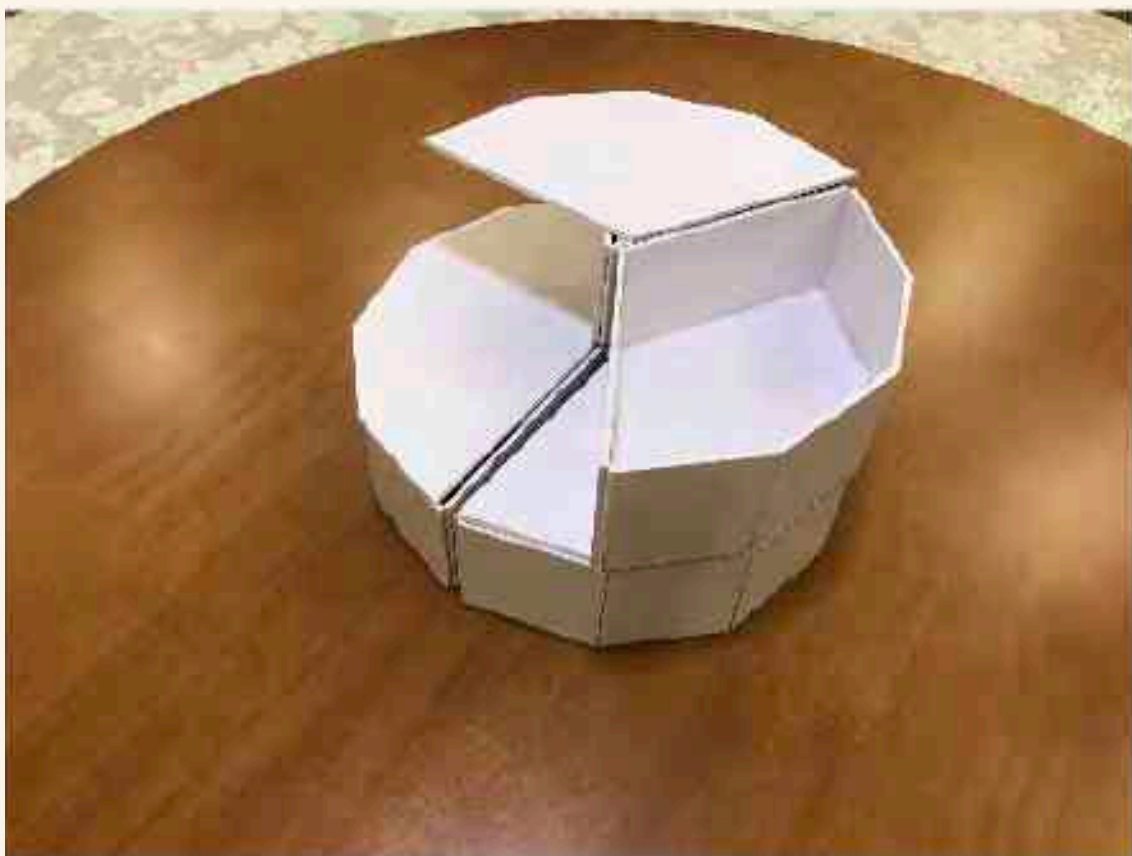
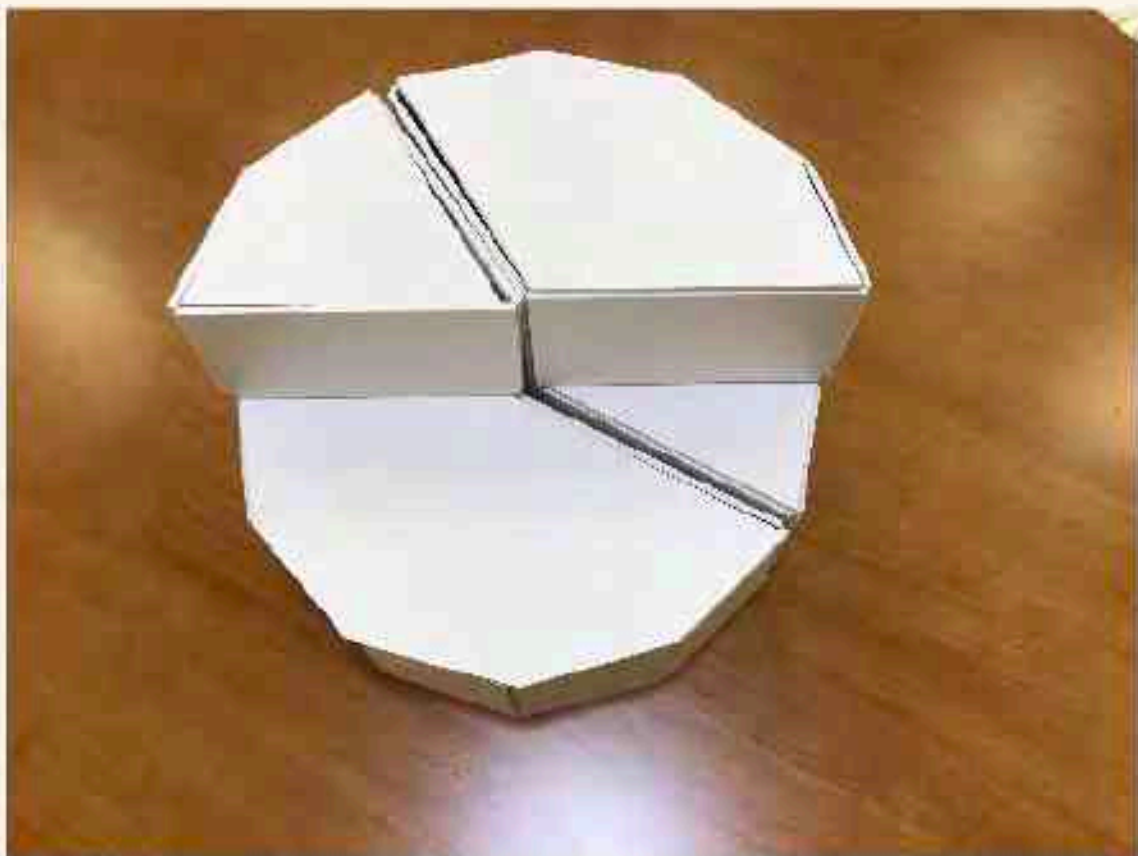


George's Grandpa
92 years old

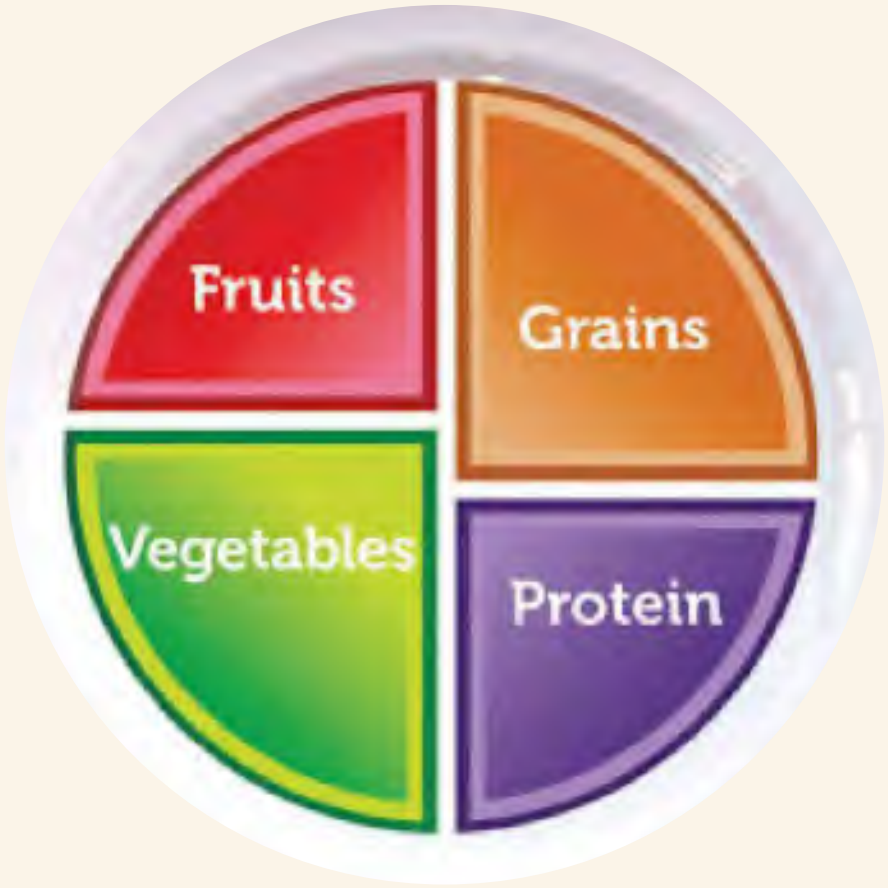


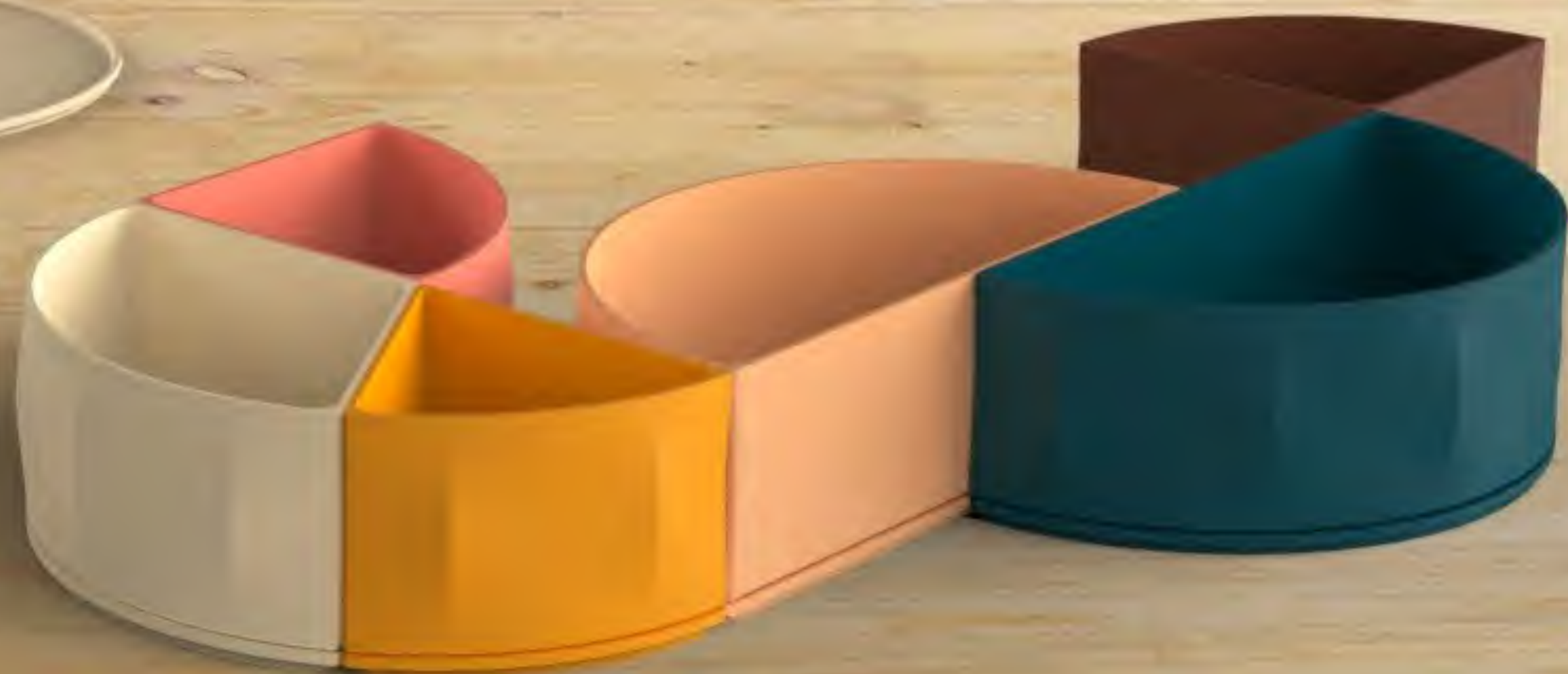
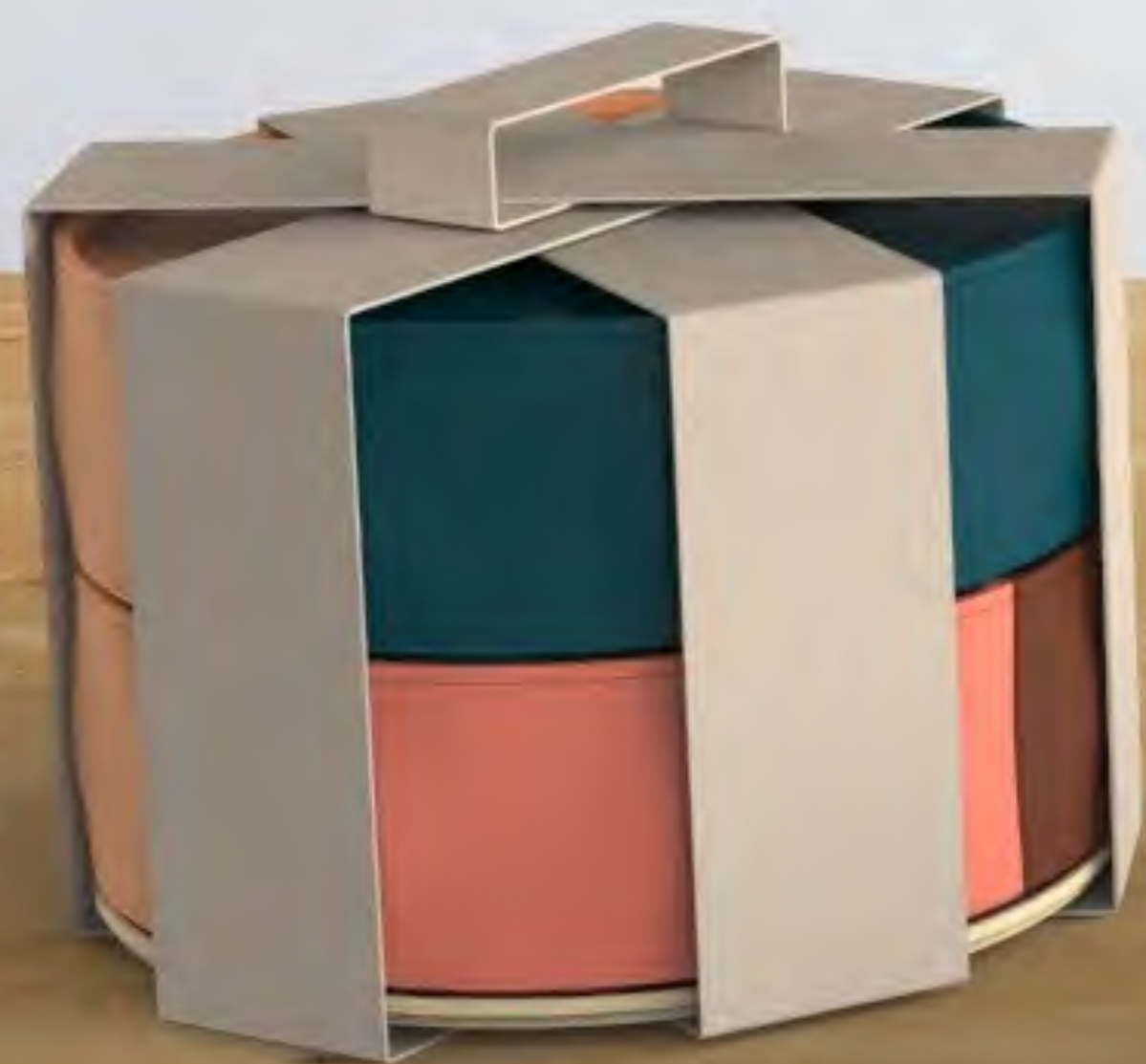
Helene's Grandma
78 years old

Bento Co-creation

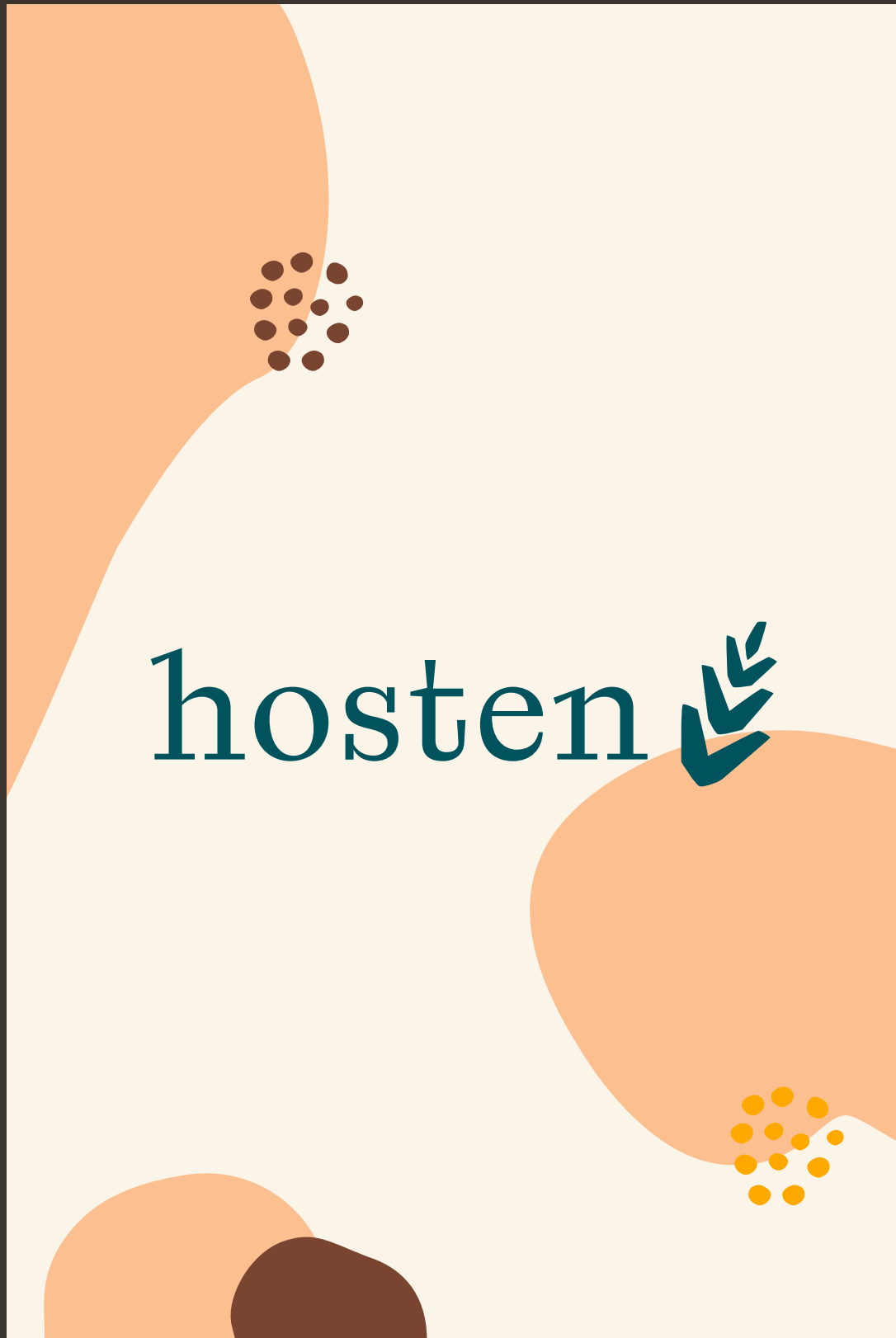


Bento Co-creation





Branding Posters



Nutrition Posters

Nutrition:

Vegetables

Vegetables provide nutrients vital for health and maintenance of your body. Such as reduced risk of some chronic diseases.

Meat

Meat and poultry play critical roles in building strong bodies and healthy brains and in maintaining our bodies as we age.

Fruit

Fruits are an excellent source of essential vitamins, minerals and fiber. Some also contains health-boosting antioxidants.

Dairy

Dairy are great sources of protein, calcium and vitamins for people in all walks of life, including adults, seniors and athletes.

Grains

Grains are high in fiber, which makes it easier to maintain a healthy body weight. Whole grains are also linked to a lower risk of heart disease, diabetes, certain cancers and other health problems.

Seafood

Seafood is a low-fat high quality protein, filled with omega-3 fatty acids and vitamins such as D and B2. It's nutrients that can lower blood pressure and help reduce the risk of a heart attack or stroke.

Nutrition Needs for Older Adults

Vit D

Older adults need more calcium and vitamin D to help maintain bone health. To meet these needs, select calcium-rich foods and beverages and aim for three servings of low-fat or fat-free dairy products each day. Good sources of vitamin D include fatty fish, such as salmon, eggs and fortified foods and beverages.

Vit B12

Some adults older than 50 may not be able to absorb enough vitamin B12. Fortified cereal, lean meat and some fish and seafood are sources of vitamin B12. Ask your doctor or a registered dietitian nutritionist if you need a vitamin B12 supplement.

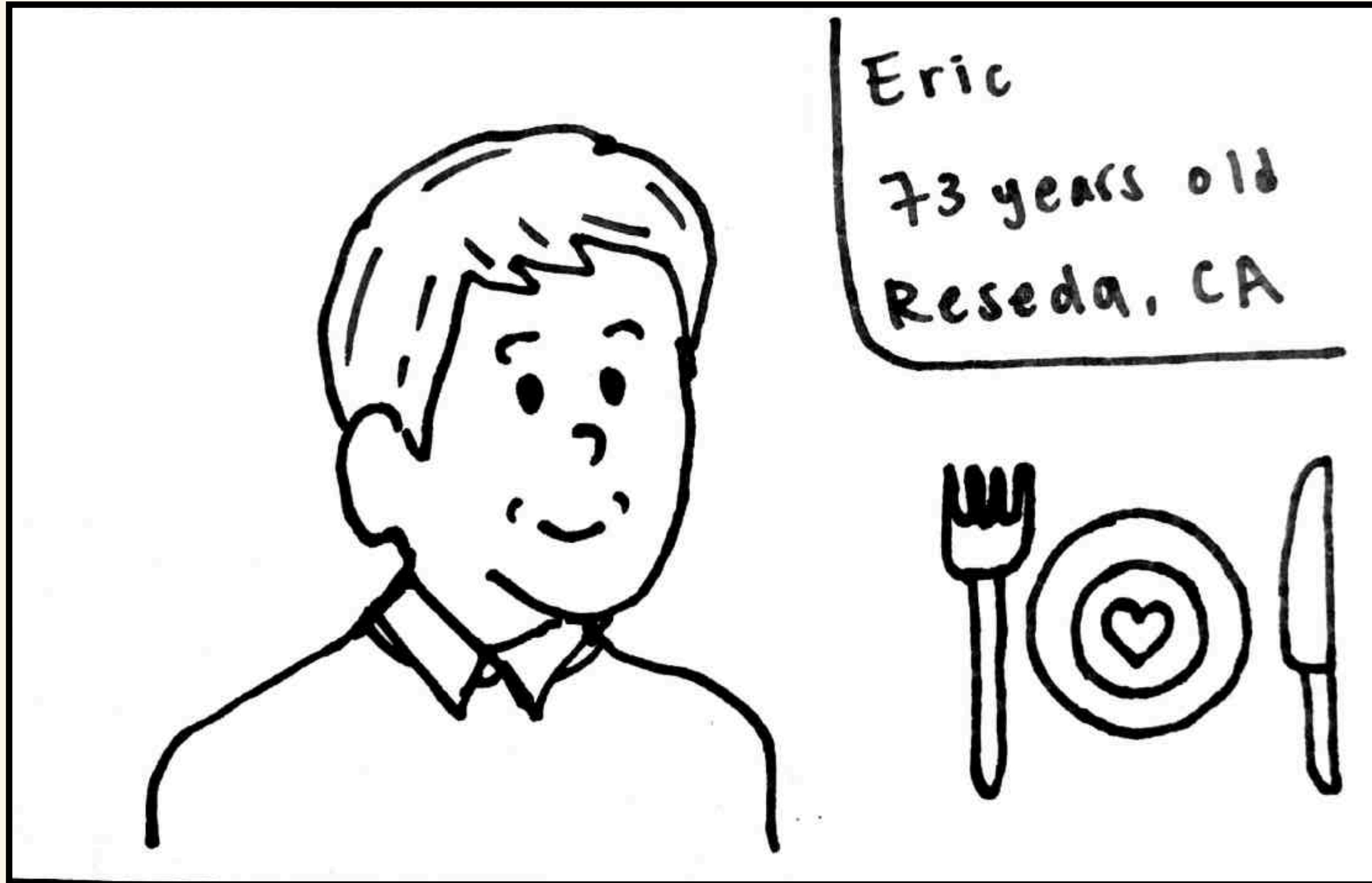
Dietary Fiber

Dietary fiber may help lower your risk for heart disease and reduce your risk for Type 2 diabetes. Eat whole-grain breads and cereals, and more beans and peas—along with fruits and vegetables which also provide dietary fiber.

Potassium

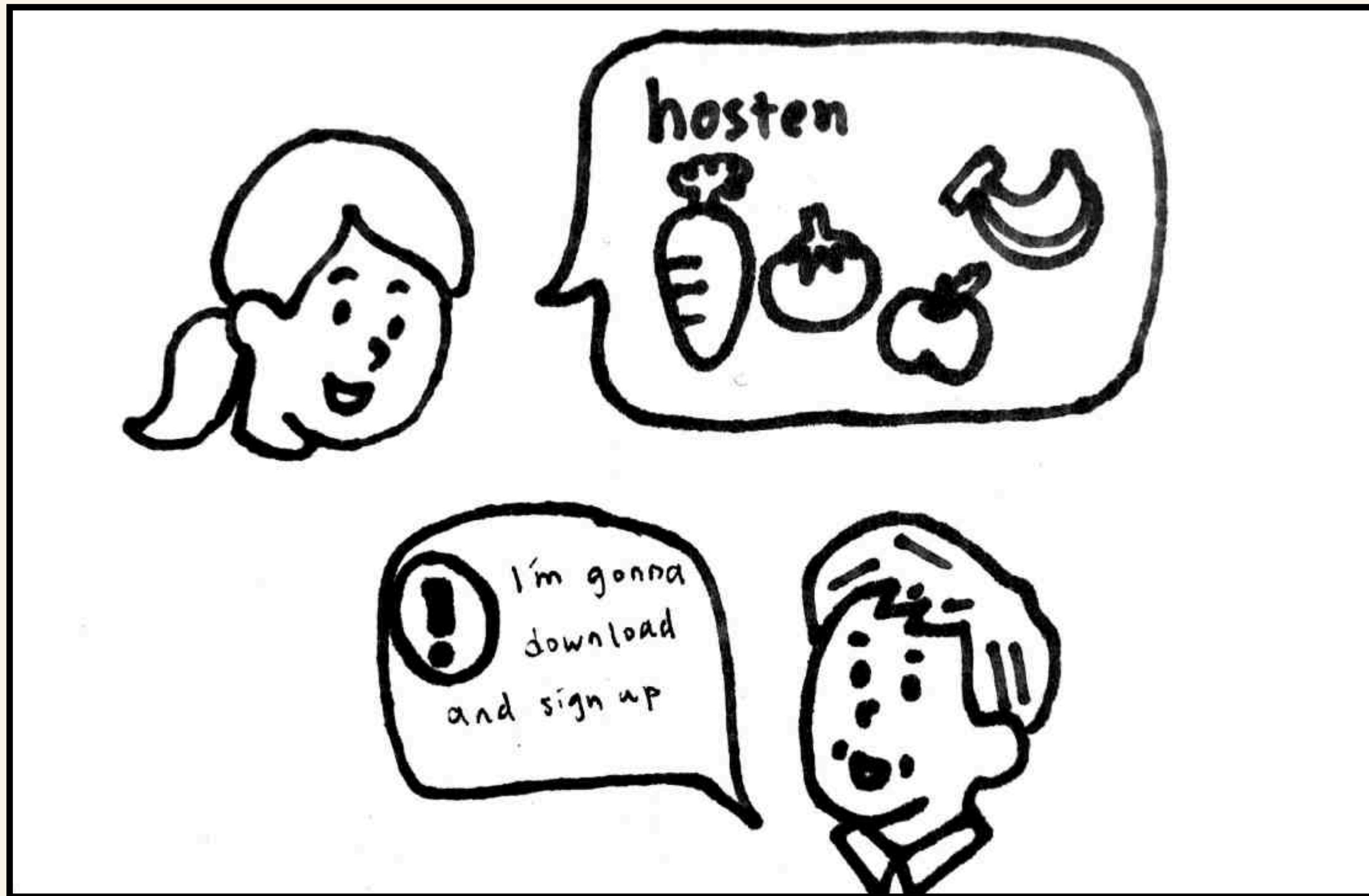
Consuming adequate potassium, along with limiting sodium (salt) intake, may lower your risk of high blood pressure. Fruits, vegetables, beans and low-fat or fat-free dairy products are good sources of potassium. Also, select and prepare foods with little or no added salt. Add flavor to food with herbs and spices.

Meet Eric!—Scenario Story



Eric always had a love for food culture but did not have a place to share his passion, especially at these times.

Learns about Hosten

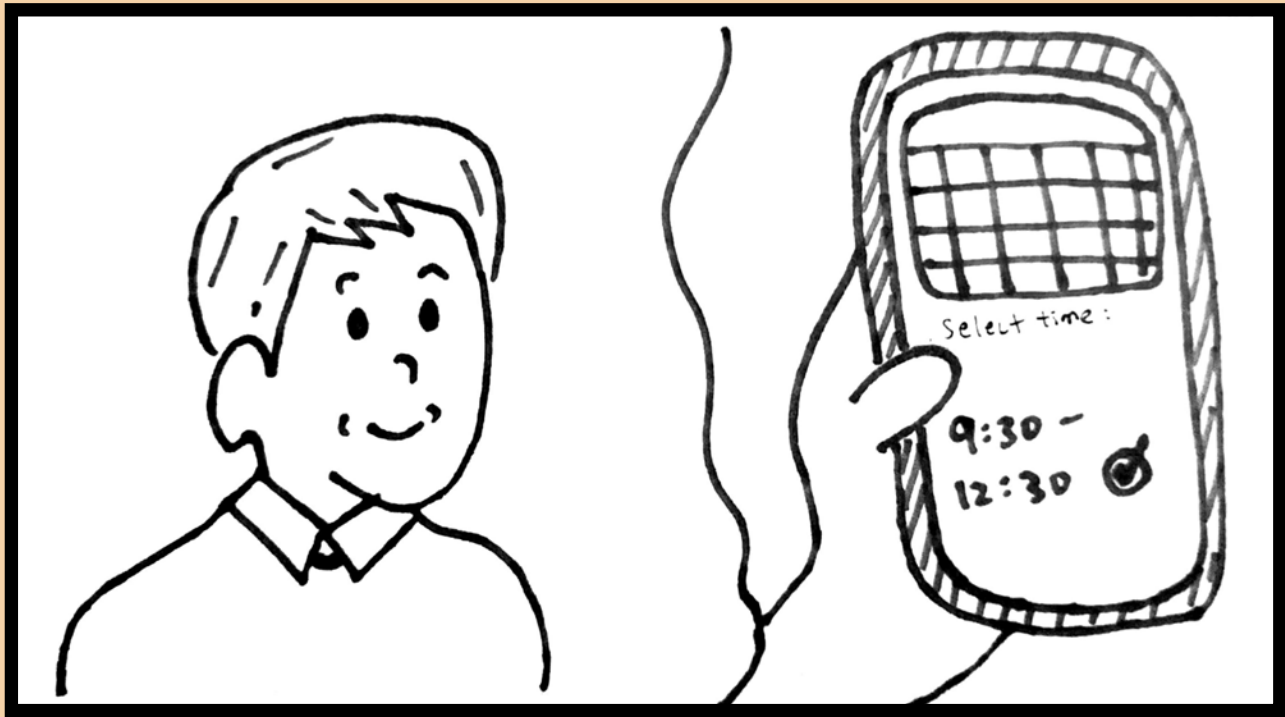


Eric learns about Hosten and how they partner with local farmers to provide older adults with fresh produce to cook and enjoy every week.

App Onboarding



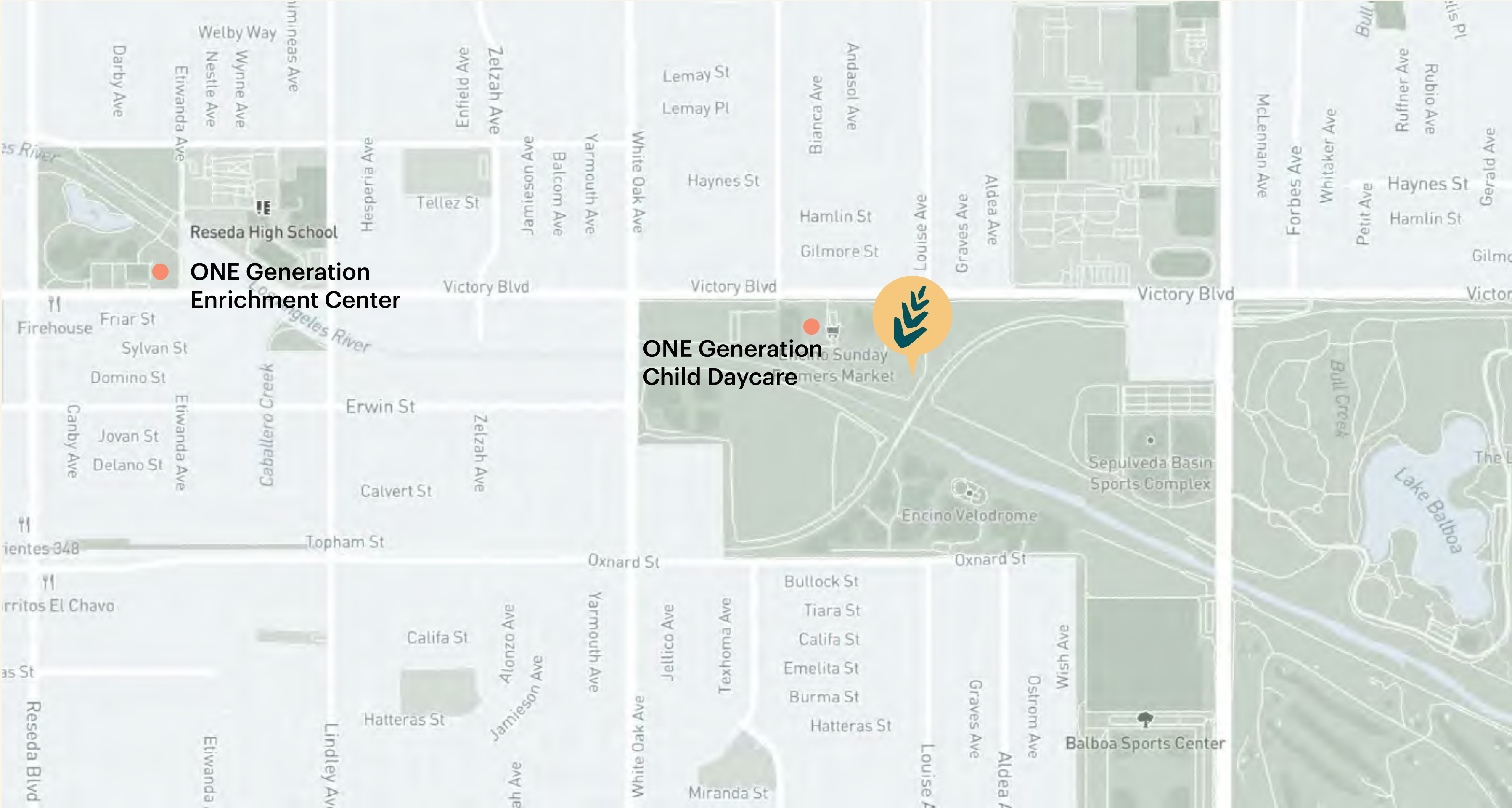
Upcoming Events



Welcome to **hosten** 🌱

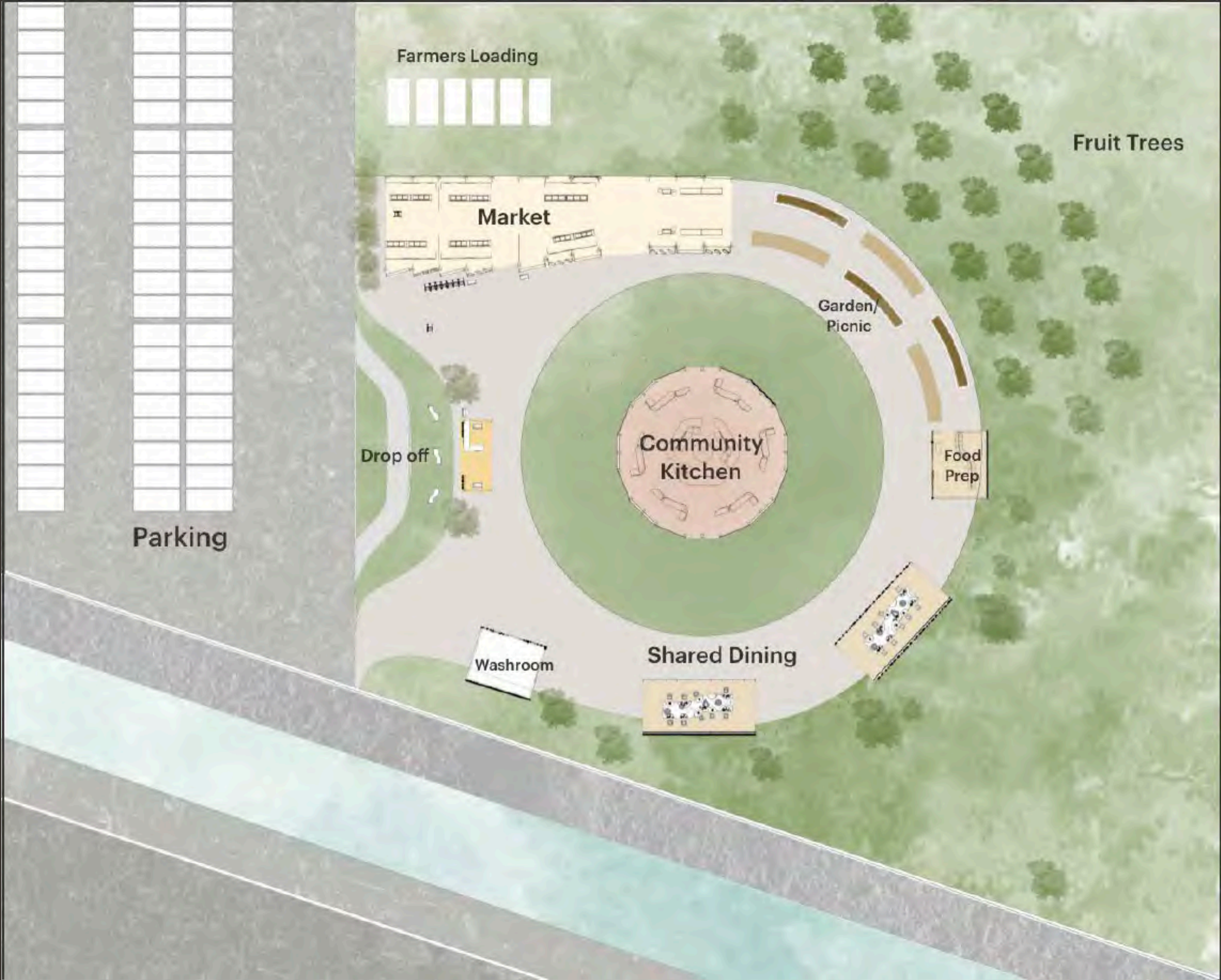


Our Site Location



Plan

Sustainability
Accessibility
Connecting Generations





Check in at the Entrance

Eric arrives at the entrance of the Hosten market. He provides his QR code to sign in before he walks through the gate with safety measures.





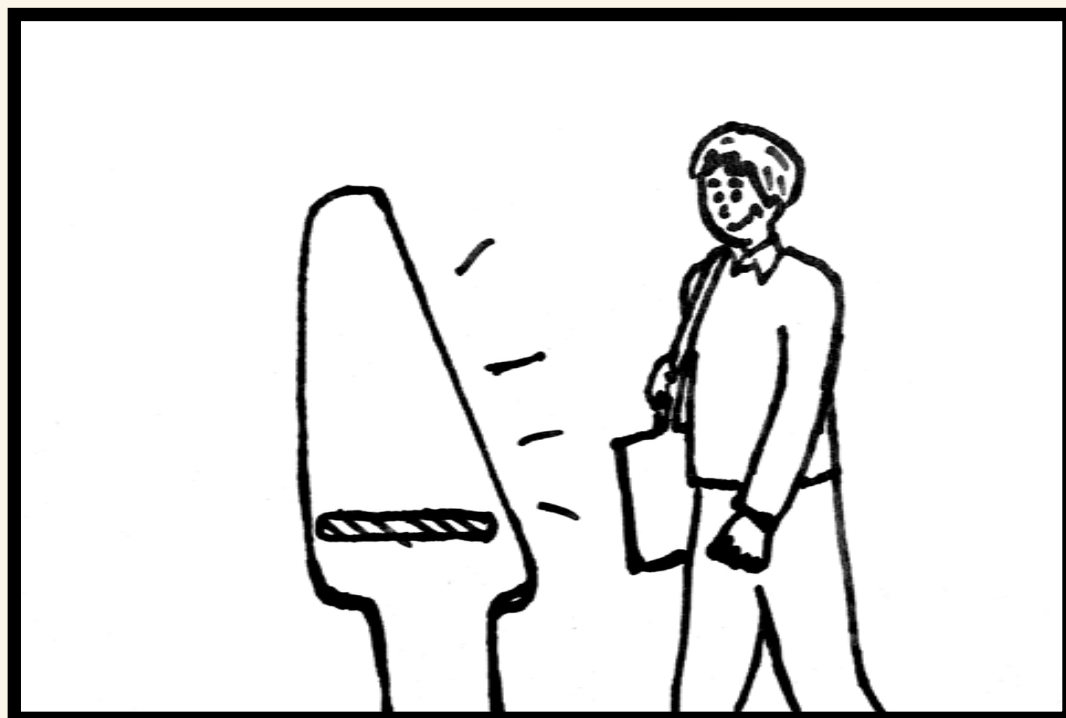
Inside the Farmers' Market

Eric stops by farmer Alan's stand. There are some fresh hand-picked tomatoes that Eric has to get before they are all gone.



Checking Out

After getting all he needs, Eric has his basket scanned and pays with our app.









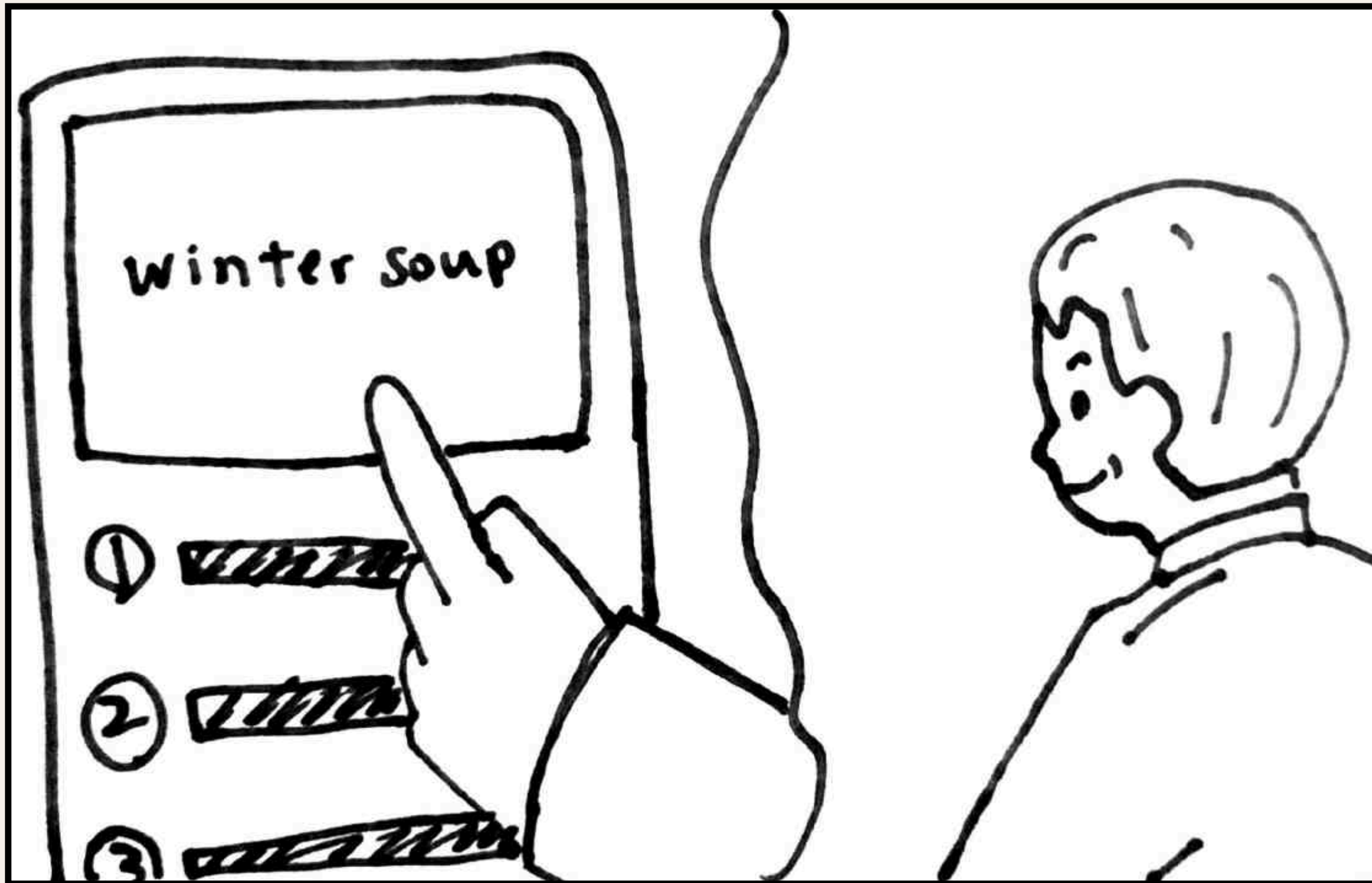
In the Community Kitchen



Everyone at their cooking station learns about cultural recipes with nutritional recommendations through this activity.



Today's Culinary Activity



Eric meets today's featuring chef Prisha along with other participants to start with today's cooking activity.



Prisha's recipe

Indian Winter Soup

Ingredients

Steps

Tips



1

Food Prep

Rinse the pearl barley and cook following pack instructions. When it is tender, drain and set aside. Meanwhile, heat the oil in a deep, heavy-bottomed pan.



2

Spices

Fry the mustard seeds, cumin seeds, chillies, bay leaf, cloves, cinnamon and turmeric until fragrant and the seeds start to crackle. Tip in the onion and garlic, then cook for 5-8 mins until soft.



3

Cook

Add the lentils, pearl barley, tomatoes and 1.7 litres



Prisha's recipe

Indian Winter Soup

Let's Start

Ingredients

Steps

Tips

Spices & Seasonings



Vegetable Oil
2 tbsp



Bay Leaf
1



Ground Coriander
1 tsp



Mustard Seeds
½ tbsp



Cloves
2



Ground Turmeric
½ tsp

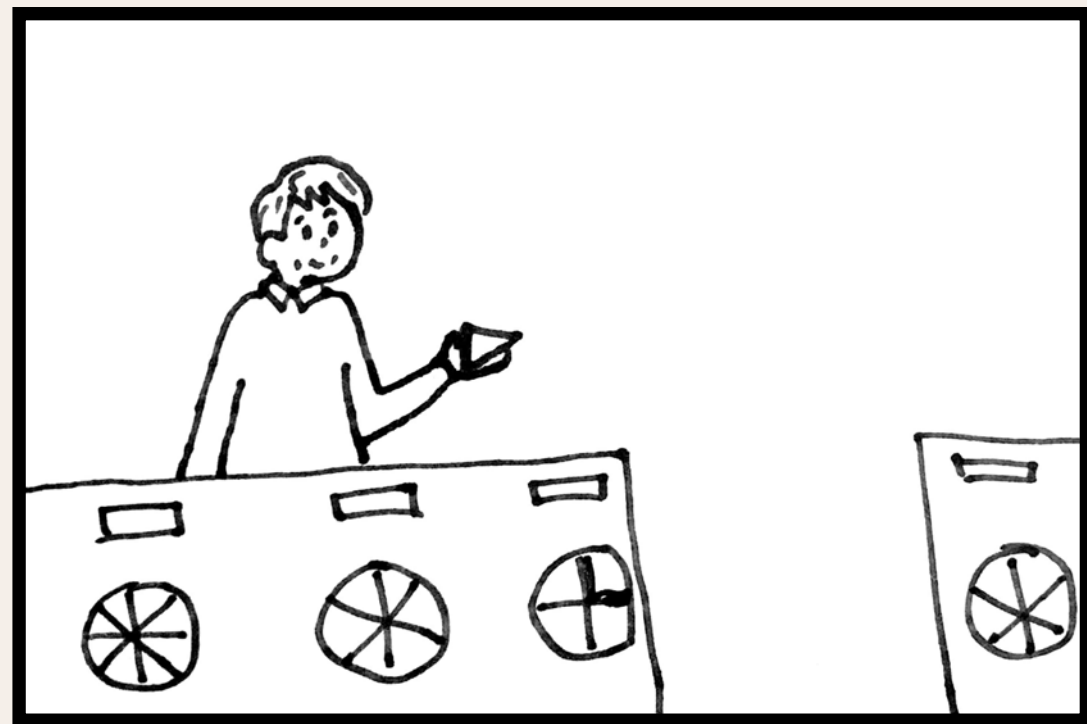
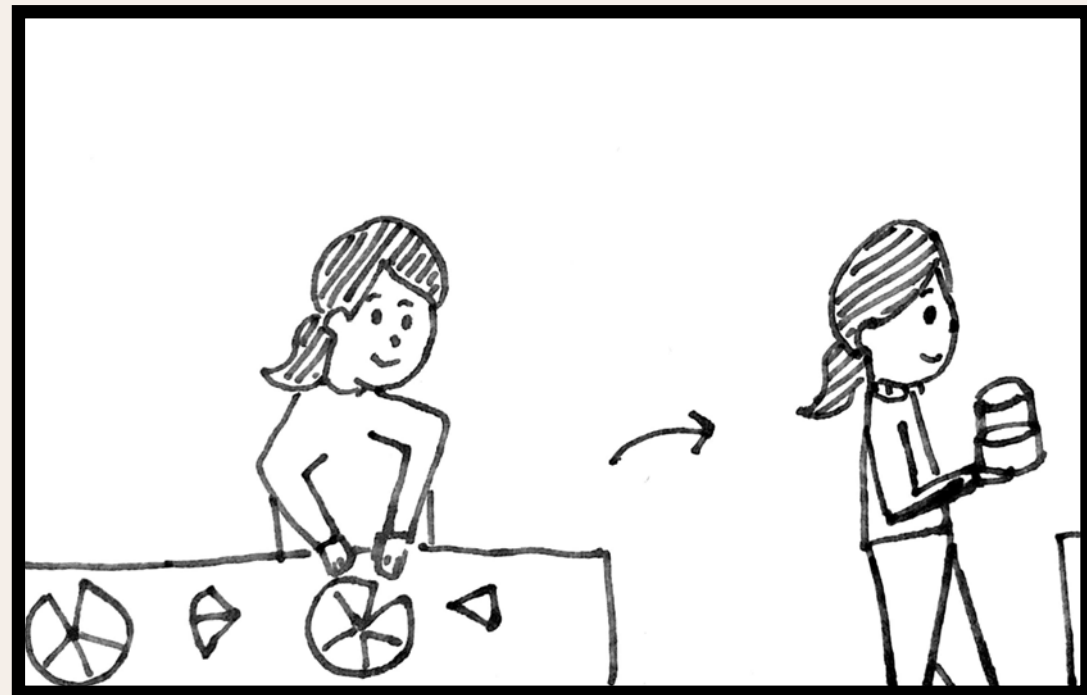


Green Chillies
1



Cumin
1 tsp

Food Serving Section



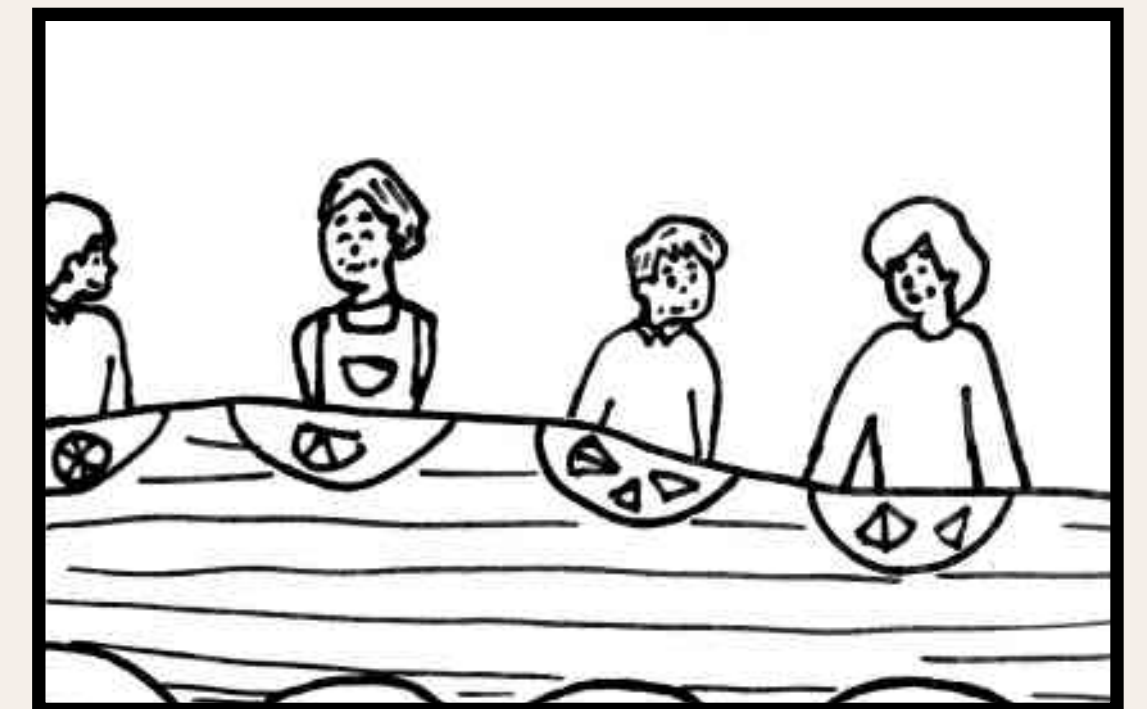


Wheelchair Accessibility
Safe Social Distance

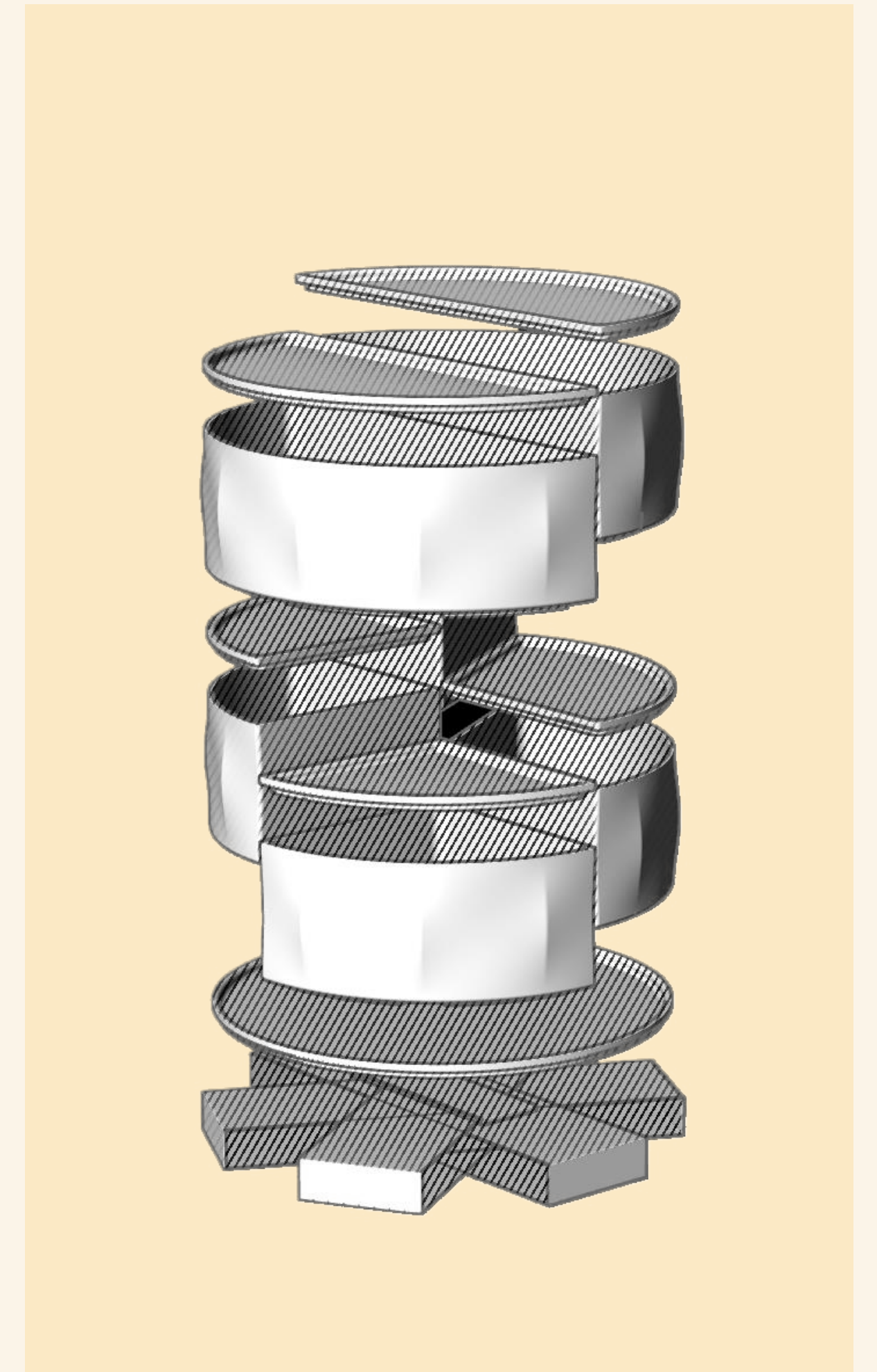
Dining Time!



Everyone who cooked presents what they have today.



Nutrition-balanced Bento



Recipe Cards

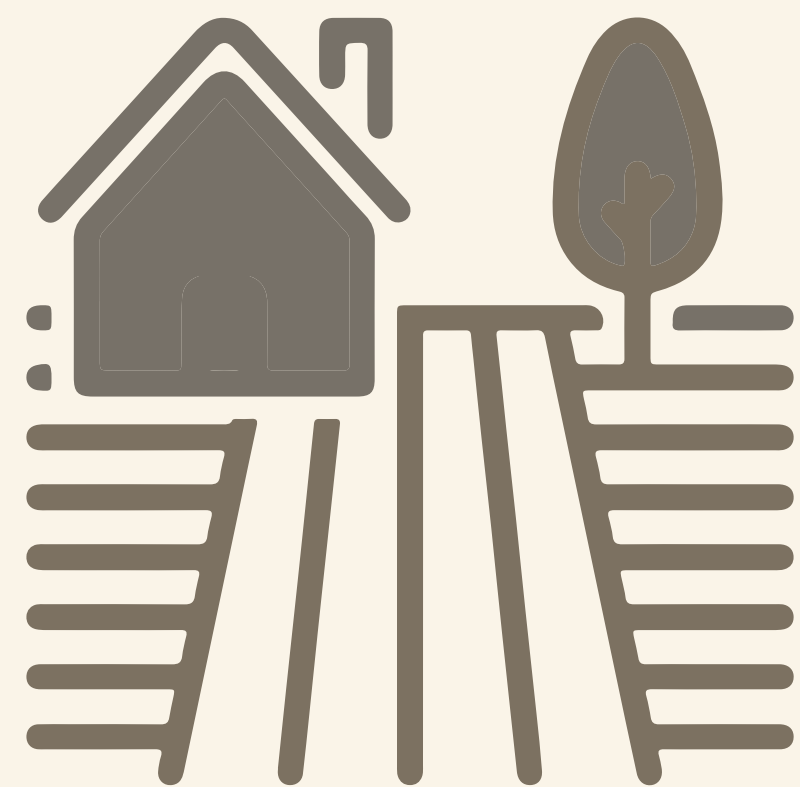




Product/Service : Hosten Community System



Hosten Community System



Local Farm



Older Adult Farmer: Carrot



Older Adult Farmer: Basil



Older Adult Farmer: Raddish

Hosten Community System



Senior
Market



Hosten Community System

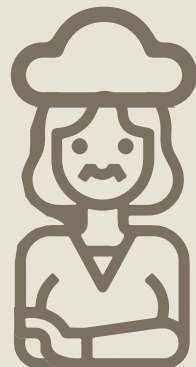


Community
Kitchen



× 10

Senior Chef:
Japanese



× 10

Senior Chef:
Los Angeles



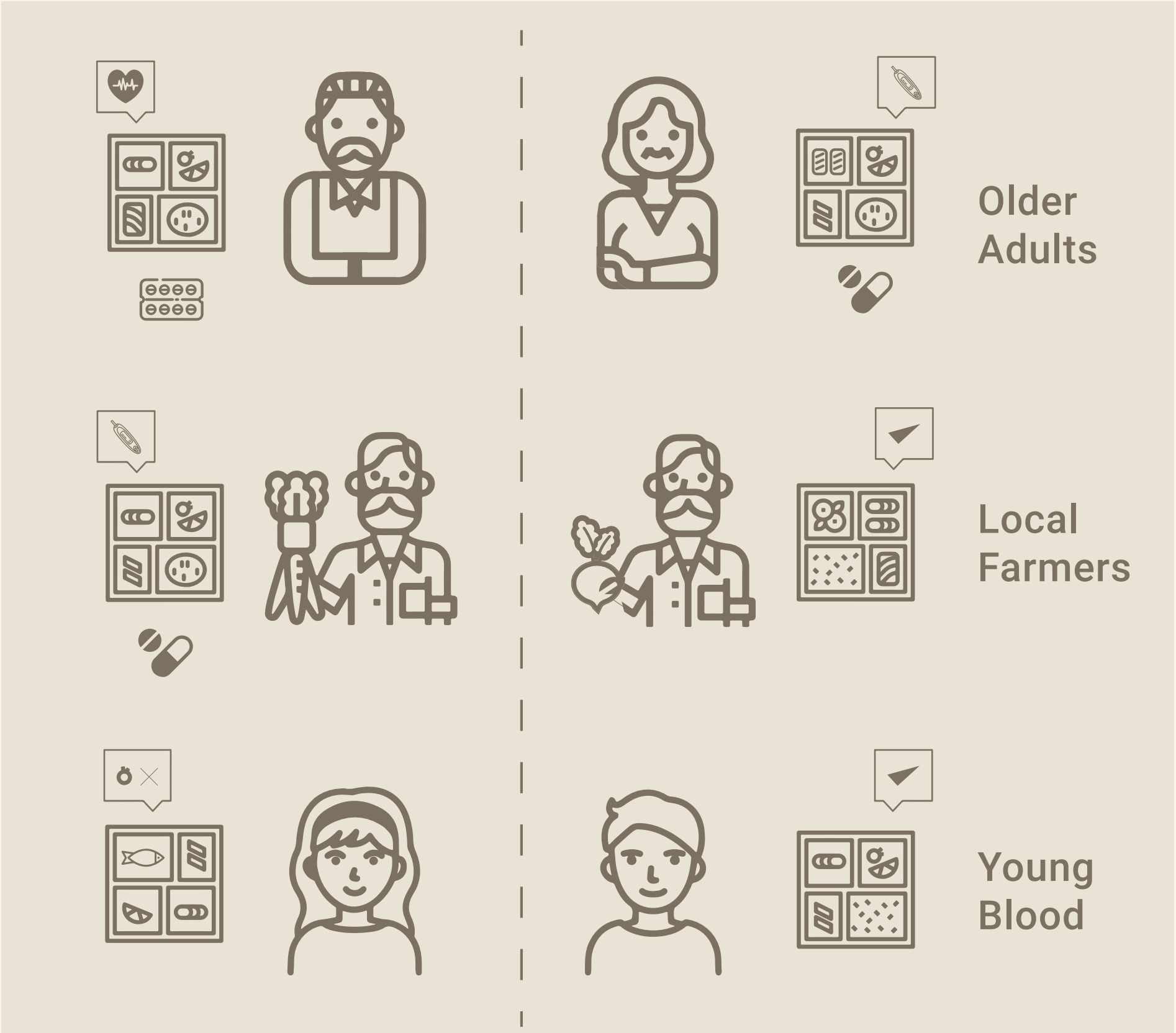
× 10

Senior Chef:
Chinese

Hosten Community System



Community
Table



Clients/Partners



OneGeneration



Insurance Company



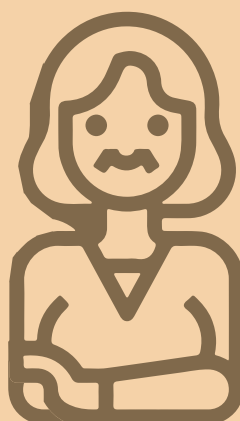
Nutrition Center



Local Farm

End Users

Primary users



Older Adults



Chefs



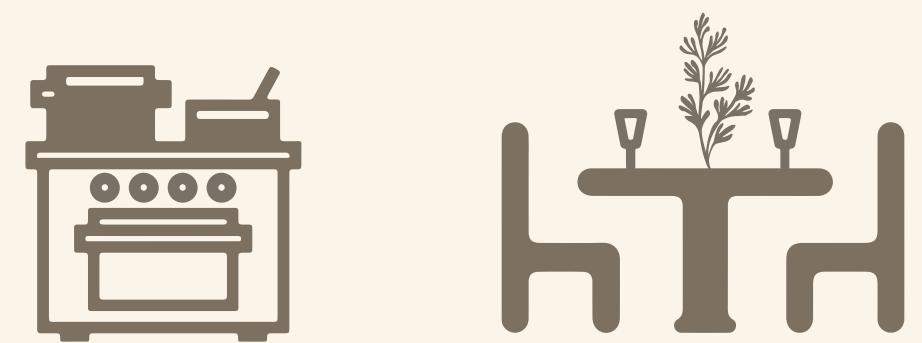
Local Farmers



Volunteers

Secondary users

Revenue Stream



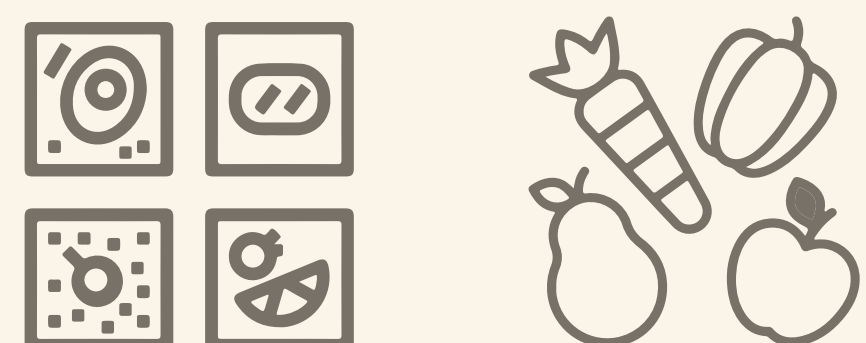
Service Selling

Phase 1 Pandemic

Meal Plan Subscription
Virtual Potluck

Phase 2 Post Pandemic

Meal Plan Subscription
Co-cooking Event
Shared Dining Event



Product Selling

Phase 1 Pandemic

Bento Box

Phase 2 Post Pandemic

Bento Box
Grocery such as Local
Produce, meat, dairy, etc.



Ads

Partners

ONEgeneration
Nutritional Centers
Restaurants & Farms

3rd parties

Senior Care Centers
Insurance Agencies
Medicare(Silver Sneaker)

Summary

Hosten gathers older adults and young generations with a cooking & dining experience. Our system facilitates a healthier lifestyle by providing a **senior-friendly farmers' market, healthy co-cooking events, and dining & socializing experience** in one package accompany by nature.

Thank you!

