INTRODUCTION

Sound Generations’ Meals on Wheels (MOW) currently serves over 6,000 older adults living in King County. The current MOW menu offers an array of vegetarian, vegan, low-sodium, kosher, and halal-certified meals. Clients have reported that they are generally satisfied with the meal options, but several clients have recently voiced the need for more culturally relevant meals. Specifically, clients have commented on the lack of appropriate Asian meal options. Given that roughly 11% of Sound Generations’ clients identify as Asian, Asian American, or Pacific Islander there is a need for more culturally relevant meal options on the MOW menu.

BACKGROUND

> Multiple studies have found that different cultural groups attribute unique values to various foods. These values often drive consumption patterns and eating habits.1
> A recent study demonstrated that the identification of older adult’s dietary preferences allowed for the creation of nutritious meals that aligned with participants’ food behaviors.2
> Providing culturally appropriate foods can potentially help to support healthy aging in a population of diverse older adults.3

METHODS

> Identify meals that older adults currently living in King County want to see on the MOW menu
> Develop a survey and conduct phone interviews with clients who identify as Asian, Asian American, or Pacific Islander
> Use the results of the survey to create ≥7 new culturally appropriate meals that use traditional Asian ingredients and flavors
> Ensure that each meal meets 1/3 daily recommended intake (DRI) for older adults
> Produce nutrient fact sheets for each meal
> Collaborate with a local catering company to source affordable and high-quality ingredients

SURVEY PARTICIPATION

69 Active Asian/Asian American Clients (59 Households)

9 clients declined to participate (7 households)
22 clients could not be reached (19 households)
38 clients surveyed (33 households)

RESULTS

The following meals were developed for Sound Generations MOW:
- Sesame crusted pollock with broccoli, cauliflower, and carrots in a ginger, garlic, sesame, and soy sauce, and mandarin oranges.
- Beef bibimbap with bean sprouts, scallions, carrots, and spinach, and fruit cocktail.

PROJECT GOALS

> Validated client satisfaction surveys were identified via a brief needs assessment and literature review.
> Survey included questions on client food preferences and ordering habits.
> Asian, Asian American, and/or Pacific Islander clients were identified, contacted, and attempted to survey.
> Survey results were analyzed, and desired meals were identified.
> ESHA Food Processor was used to create nutritional and verify each meal met 1/3 DRI.
> Ingredients were sourced through a current vendor list.
> Ingredients that were not already sourced through contracted vendors were identified and sourced.

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