"ChefMySelf" is a project developed within **the Ambient Assisted Living (AAL)** program funded by the European Commission in order to undertake the challenge of improving the standard of living of the elderly people in Europe.

The programme aims to strengthen the range of services and activities related to promoting and enabling the group to pursue a more active lifestyle. The program focuses on the use of a variety of ICT solutions for this purpose.

The **ChefMySelf** project main goal is to develop a customizable, open and extensible (ICT) service ecosystem built around an **automatic cooking solution** to support elderly people preparing meals and maintaining healthy eating habits. A **food processor** with an accessible interface, specially tailored for the elderly, will encourage them to self-care, accordingly to their particular nutrition requirements. At the same time a **social network**, focused on the topic of healthy aging and eating, will become a tool to motivate them to be active and maintaining existing social relationships and creating new ones.

The solution will offer culturally appropriate guidelines for healthy eating as people age by supporting improved diets and healthy weights in older age through the provision of information (including personalized information to the specific nutrition needs) by facilitating the task of cooking every day as well as offering them the chance to access to several services related with cooking activity, guiding them to make healthy food choices and hence contributing to reduce risk factors associated with major diseases and increase factors that protect health throughout the life course.

The cloud based services will offer a suite of applications for the care of elderly nutrition and its support through the consultation of a complete reference of recipes. Other features, such as the review of daily caloric consumption, vitamins and minerals intake, will allow the user to take control of his/her eating. The services will be accessible by the elders through two different interfaces: one TV with a set top box and a tablet device. Furthermore, a common food processor will be enhanced and coupled with these services to assist the elders during the preparation of meals. This assistant will consist on a common food processor connected to the Internet with a specific designed cooking interface to guide the user on the meal preparation, receiving a selected recipe from one of the devices which will act as the primary user interfaces (tablet/set top box). In this manner, the ChefMySelf solution will support elderly people preventing possible malnutrition risks.

ChefMySelf also aims to increase the motivation of the seniors to carry out daily activities, as cooking, for instance, in addition to self-monitoring on the lifestyle habit. This is an important aspect of the project, as it is proven that daily activities slow down the mental and physical decline.

In order to enhance the motivating effect and social interaction, ChefMySelf also includes a set of **social services** to publish and comment recipes or send (audio) messages to other users.

The primary focus of the envisioned solution is to increase the motivation of elders for health eating: firstly by supporting them to eat well and healthy and secondly by performing activities through the participation in virtual social networks. The cooking activities support directly their eating habits, avoiding nutritional problems related to aging.

ChefMySelf project is divided into seven work packages.

The main tasks included and implemented in the packages are:

WP1 Project Management

WP2 User requirements and concept definition

WP3 Design and development of cloud computing based services

WP4 Design and development of user interfaces

WP5 Design and development of personal cooking assistant

WP6 System integration, testing, assessment and evaluation

WP7 Dissemination and exploitation

During the project realization **ASM** will tackle the matters connected with the dissemination and exploitation actions. Previously developed initiatives related to the main theme of this project will be diagnosed. Promotional and informational materials will be prepared, including website design. Marketing strategy will be developed in order to introduce solutions developed in the ChefMySelf on the market customized for different target groups. International cooperation will be established aiming to disseminate the project results in countries not directly involved in the project.

The project consortium includes:

Fundació Cetemmsa - Coordinator (Spain)

Istituto Nazionale di Ricovero e Cura per Anziani (Italy)

POLNE, S.L (Taurus Group) (Spain)

Fraunhofer Portugal AICOS (Portugal)

Unie KBO (Netherlands)

ME.TE.DA. s.r.l. (Italy)

ASM Market Research and Anallysis Centre Ltd. (Poland)

Contact information

For further details about the project please contact:

Michalina Piątek
Tel: +48 (24) 355 77 60
e-mail: m.piatek@asm-poland.com.pl

Katarzyna Stachurska-Kadziak
Tel.: +48 (24) 355 77 67
e-mail: k.stachurska@asm-poland.com.pl