



Foundation of Healthcare Technologies Society

Healthy Snack Recipe Contest for Elderly Population

Number of Total registrations: 14

Number of Total Participants: 7

Number of attendees: 12

Number of Total feedbacks: 2

Topic- Healthy Snack Recipe Contest

Date and time- 28-02-2024, 7:00 PM – 8:00 PM (IST)

Digital Platform- Zoom Meetings

Type of the event- Others

Moderated by- Sakshi, Nutrition Researcher, FHTS

Janhvi Sahai, Intern, FHTS

Shortlisting Judging Panel - Bhavya Malhotra, Research Program Manager, Ph.D Fellow, FHTS

Pooja Murjani, Nutrition Informatics Fellow, FHTS

Sakshi - Nutrition Researcher, FHTS

Judges- Dr. Mansi Gauniyal, Public Health Researcher, FHTS

Dr. Sabhya Juneja, Public Health Researcher, FHTS

Bhavya Malhotra - Research Program Manager, Ph.D Fellow, FHTS

Date: 28/02/2024

Place: Foundation of Healthcare Technologies New Delhi

Time: 7:00 pm to 8:00 pm

Total number of participants: 7

Total number of attendees: 12

Healthy Snack Recipe Contest

Healthy Snack Recipe Contest organized by the FHTS team to promote health-conscious eating habits among participants and encourage the creation of nutritious yet delicious snack options for the elderly population. The contest focused on three themes: Immunity-Boosting Snack, Heart-Healthy Delight, and Superfoods Recipe. These themes were chosen to highlight the importance of incorporating health-enhancing ingredients into everyday snacks.

Objectives

- To inspire participants to explore and showcase their culinary skills in creating snacks that not only taste great but also offer significant health benefits for elders.
- By emphasizing nutritional value, ingredient selection, presentation, innovation, and health impact, the contest aimed to raise awareness about the importance of balanced and nutritious snacking choices.

Highlights

The contest was attended by 19 participants, 1 male and 18 were females. Among them, 7 were participants out of which 6 were females and 1 male. The remaining 12 were attendees, all of whom were women. The participants originated from different states, namely Delhi, Telangana, Chandigarh, Madhya Pradesh, and Tamil Nadu.

A total of seven participants enthusiastically joined the Healthy Snack Recipe Contest, showcasing their creativity and passion for healthy cooking. After careful evaluation, five top entries were shortlisted to compete in the final round.

The five shortlisted participants presented their unique recipes, each aligned with one of the contest themes: Immunity-Boosting Snack, Heart-Healthy Delight, and Superfoods Recipe. Each presentation included detailed explanations covering the following key points for evaluation:

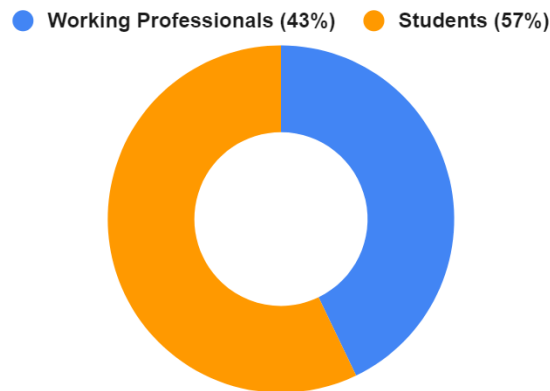
- **Nutritional Value:** Participants highlighted the nutritional content of their recipes, emphasizing essential vitamins, minerals, and health benefits specific to their chosen theme.
- **Ingredients:** Wholesome and easily accessible ingredients were incorporated, with a focus on elements known for their health benefits related to immunity, heart health, or superfoods.
- **Appearance/Presentation:** Creativity was showcased in the visual appeal of the snacks in the form of images and videos.
- **Innovation & Creativity:** Participants stood out with unique twists and creative elements, surprising the judges with inventive approaches to snack preparation.

- Preparation Technique: Clear and concise step-by-step guides were provided, including any special techniques that enhanced the dishes.
- Health Impact: Each participant explained how their recipe aligned with the chosen theme and addressed specific health concerns, such as boosting immunity or promoting heart health.

After careful evaluation and consideration of the participants' culinary skills, creativity, and adherence to the contest's criteria for Healthy Snack Recipe Contest for the elderly population, the top three winners were finalized-

- **First Place:** **Avanthika Nagalakshmi**, Winning Recipe: **Sweet Potato Coins**
- **Second Place:** **Vasundhra Chand**, Winning Recipe: **Jowar Ravioli**
- **Third Place:** **Syeda Warda Zaheer**, Winning Recipe: **Scrumptious Oats Cutlet**

Total Participants



Conclusion:

The Healthy Snack Recipe Contest successfully achieved its goals of promoting healthy eating choices, encouraging creativity in snack preparation, and raising awareness about the nutritional value of ingredients. The participants' dedication and innovative ideas showcased the vast potential for creating delicious snacks that also contribute to overall well-being. This contest served as a platform to inspire individuals to prioritize health in their culinary endeavors, ultimately benefiting their lifestyles and communities.

Suggestions and Feedback:

- It was very informative
- Conduct more online recipe contests wherein we can learn and also create new recipes.

Snapshots of the event

The slide on the left is titled "Healthy Snack Recipe Contest for Elderly Population" and is dated "28th February, 2024". It features logos for Nutrition Informatics and SMAART Hub. The slide on the right, titled "THEMES", lists three categories: "Immunity-Boosting Snack", "Heart-Healthy Delight", and "Superfood Recipe". Below the themes, it states: "We celebrate creativity in the kitchen with a focus on recipes that contribute to overall well-being. Our themes include snacks that bolster immunity, promote heart health, and harness the power of superfoods." A video feed on the far right shows a participant.

The slide displays a recipe titled "BAKED JOWAR RAVIOLI". It includes three photographs of the prepared dish. On the right side, a video grid shows several participants, including Avanthika, Bhavya, vasundhra chand, Preshita shende, Ashok Kumar, and Dr. Sabhya Jureja.

The slide is titled "SHORTLISTED PARTICIPANTS" and features "4) Pravara Sawane - Ragi & Gond Ladoo". It includes a photograph of the laddoos. The video grid on the right shows participants such as Avanthika, Shravani Rajkhowa, Bhavya, Jashvi Sahai, vasundhra chand, Dr. Sabhya Jureja, Dr. Mansi, Mansi Gauniyal, Rajasuganya R, Ashok Kumar, and mansi.

The slide is titled "SHORTLISTED PARTICIPANTS" and features "5) Syeda Warda Zaheer- Scrumptious Oats Cutlet". It includes a photograph of the cutlets. The video grid on the right shows participants including Shravani Rajkhowa, Avanthika, Sakshi Mandawaria, Jashvi Sahai, vasundhra chand, Dr. Vignesh, Dr. Mansi, Preshita shende, and Rajasuganya R.

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