



Connecting Generations Through Meal Preparation

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Ka 'Aha

Weaving Generations to
Build Healthy Communities

An Intergenerational
and Aging Program

Fun, daily activities that focus on strengthening connections between different generations help to build strong, healthy communities.

For more information about the Ka 'Aha program and other intergenerational programs, visit www.ctahr.hawaii.edu/kaaha

Sharing a meal is a wonderful way for people to talk and connect. However, preparing a meal together can add a new dimension by allowing people to learn and practice different life skills.

Cooking a meal with another person involves organization, problem-solving, planning, time-management, and teamwork. These skills are at the foundation of everyday life and can be a fun, instructive way to interact with someone of another generation.

As you get started, be sure the cooking choices you make are age-appropriate for everyone involved. Post a list of food and safety rules to follow; for example, "Wash hands before handling food" and "No horsing around in the kitchen."

Try both traditional and new and interesting recipes. Sharing stories of food traditions makes for great conversation and is an important way to pass along knowledge of cultural practices. Using the new information available about healthy foods, learn to read food labels and try to incorporate as many fresh, whole foods in your recipes as possible.

Integrating your cooking skills and helping others in need can provide a rewarding experience for any generation. Do you know of a homebound adult or someone who could use some cheering up? Why not cook something and pay them a visit? It's sure to brighten their day, and probably yours too!

Tip

Find more information about food and kitchen safety, food skills, and healthy cooking by visiting the Nutrition Education for Wellness website at www.ctahr.hawaii.edu/new/index.html.

Try some of the recipes available there together with a family member or friend:

Learning Food Skills: www.ctahr.hawaii.edu/new/cookbook.htm

Exploring Cultures: www.ctahr.hawaii.edu/new/CulturalCuisine/CulturalCuisine.htm

Salads, Soups, and Stir-Frys: www.ctahr.hawaii.edu/new/HOT.htm