



Acronym: Cordon Gris
Name: Making sense of data to promote effortless healthy eating habits and autonomy for older people
Call: AAL Call 2015
Contract nr: AAL-2015-1-016
Start date: 02 May 2016
Duration: 28 months

D5.6 Cordon Gris Dissemination Report (b)

Nature¹: R

Dissemination level²: PU

Due date: Month 28

Date of delivery: Month 28

Partners involved (leader in bold): **CC**, FhP, SCML, SONAE, UNIEKBO, RNS

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¹ L = Legal agreement, O = Other, P = Plan, PR = Prototype, R = Report, U = User scenario

² PU = Public, PP = Restricted to other programme participants (including the Commission Services), RE = Restricted to a group specified by the consortium (including the Commission Services), CO = Confidential, only for members of the consortium (including the Commission Services)



Partner list

Nr.	Partner name	Short name	Org. type	Country
1	Fraunhofer AICOS (<i>coordinator</i>)	FhP	R&D	Portugal
2	Santa Casa da Misericórdia de Lisboa	SCML	End-user	Portugal
3	SONAE (Modelo.com – Vendas por correspondência, S.A.)	SONAE	IND	Portugal
4	Red Ninja Studios	RNS	SME	United Kingdom
5	Can Cook	CC	SME, End-user	United Kingdom
6	Unie KBO	UNIEKBO	End-user	Netherlands

Revision history

Rev.	Date	Partner	Description	Name
1	10.05.2017	FhP	Created the provisional contents and assigned to different partners	Maria Vasconcelos
2		All	Inserted the contents on each section	
3		All	Final version for revision	
4		All	Acceptance of the contents from all partners.	
5	31.08.2018		Approved by FhP	



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1. Executive Summary

Fraunhofer Portugal (FhP), Sonae MC (Sonae), Santa Casa da Misericórdia de Lisboa (SCML), Red Ninja Studios (RNS), Can Cook (CC) and UniekBO (UniekBO) are partners in the Cordon Gris project (www.cordongris.eu), which aims to address malnutrition within the senior population by providing new technology solutions and specialised services. This deliverable describes the activity of all partners during the period May 2017 – August 2018 plus the activity monitoring mechanisms according to the strategy set out in Work package 5 and listed in the Dissemination Plan D5.5. Activity prior to May 2017 is contained within the D5.6a - Dissemination Report (a).

Dissemination activity is listed by country. Each partner has responsibility for uploading their recent activity into the document. In Portugal, the dissemination was done via a number of channels: events, workshops, newspapers and conferences. In the United Kingdom and the Netherlands dissemination has been made through workshops, fairs and conferences. In every participating countries the partners promoted Cordon Gris through Twitter, Facebook accounts.

From the dissemination point of view the consortium participated in 40 activities, from events (5), workshops (7) and ceremonies with users (5), conferences (6), papers (1), white papers (1), publications in books (1), forum (1), fairs (1), videos (2), references in newspapers (2) or presences in social media and issued 7 project newsletters.

In addition, the five editions of the quarterly Cordon Gris electronic newsletters are presented; Jul 2017, Oct 2017, Jan 2018, July 2018 and final edition in August 2018.

All activities undertaken have targeted the previously identified stakeholders and the intended audience of the Cordon Gris project.

The monitoring of activity during this period has revealed that over 6000 visits were made to the Cordon Gris website and 57 subscribers had signed up to the newsletter.


2. Dissemination activities


All of communication and dissemination activities developed by the partners up until now has been reported and stored on a shared document in OneDrive. In order to keep the register of the activities, every partner involved in a specific activity have to fill out the document with the following information:

- Name of the partner involved in the activity;
- Type of activity: conference, workshop, publication, presentation, social media;
- Place: where the dissemination activity took place;
- Date of the dissemination activity;
- Coverage: audience type and number and any relevant data that can be useful to estimate the impact and effectiveness of the activity;
- References and resources: links to presentations or other related material.

The activities that took place before this date were described in the Dissemination Plan (D5.5) and Dissemination report (a) (D5.6a). In this chapter a list of every communication and dissemination activity that was realized from May 2017 to August 2018 is presented.

2.1. Portugal


	2nd iterative testing sessions of Cordon Gris in Portugal
May 2017	Workshop
Partner	SCML, FhP
	<p>Workshop with older adults in Lisbon to access the development on the user interfaces design of Cordon Gris application.</p> 

	IV Encontro Nacional de Psicologia Comunitária (Lisbon, Portugal)
June 2017	Conference
Partner	SCML, FhP
	<p>SCML participated in this event and presented the communication “Uma melhor nutrição das pessoas idosas através do uso de novas tecnologias”. The event had around 50 participants.</p> <p>https://ciencia.iscte-iul.pt/events/iv-encontro-nacional-de-psicologia-comunitaria/44</p> 

	The Future of Food event
July 2017	Event
Partner	Sonae (organizer)
	<p>Sonae has organized The Future of Food event, on the 28th and 29th of June in Porto. The event gathered food experts in academia, R&D and other relevant organizations that shared their vision on what’s ahead for food systems – in areas such as food science and nutrition, circular economy, logistics and digital/emergent tech and discussed a common ground for future R&D and innovation projects.</p> <p>The event counted with more than 100 participants, from 54 organizations and nine nationalities.</p>


	3rd iterative testing sessions of Cordon Gris in Portugal
July 2017	Workshop

Partner	SCML, FhP
	<p>Workshop with older adults in Lisbon to access the development on the user interfaces design of Cordon Gris application.</p> 


	Participation in the AAL Forum
October 2017	Forum
Partner	FhP
	<p>The Cordon Gris project participated, through FhP's exhibitor stand, in the AAL Forum 2017. The AAL Forum 2017, Europe's premier event in the field of active and healthy ageing, took place in the Coimbra, Portugal, bringing nearly 800 delegates together to discuss the latest developments in this rapidly growing field.</p> <p>http://www.aalforum.eu/exhibitors/</p> 

	New Cordon Gris video
October 2017	Social media
Partner	All
	<p>Before starting the field trials Cordon Gris video was updated and shared in the social media. The video was also presented in AAL Forum 2017.</p> <p>https://youtu.be/ufZBVTcwbdI</p>

	Cordon Gris tests in Colaborar website news
October 2017	Social media
Partner	FhP
	Participants from Colaborar network provided their feedback after testing Cordon Gris application. http://colaborar.fraunhofer.pt/?p=2779

	Beginning of field trials in Portugal
October 2017	Ceremony
Partner	SCML, FhP, Sonae
	<p>A ceremony to celebrate the start of Cordon Gris field trials in Portugal took place in Lisbon, where we had the presence of our participants and the Social Action Administrator of Santa Casa da Misericórdia de Lisboa. There was also time to briefly explain the technology, further sessions occurred to familiarize seniors that are participating in these field trials with Cordon Gris application.</p> 

	Porto4Ageing – I Encontro Alargado
October 2017	Event
Partner	FhP
	FhP has participated in Porto4Ageing event “Ageing in Portugal: Challenges and Solutions” together with 20 participants. A presentation entitled “Tecnologias da informação e comunicação ao serviço da pessoa idosa/ Information and communication technologies at the service of the elderly” was done, where Cordon Gris project was presented.

	II International Congress on Active Aging, Quality of Life and Gender - Universidad Carlos III Madrid (Madrid, Spain)
October 2017	Conference
Partner	SCML
	<p>SCML has participated in this event, with 50 participants, and presented the following two works:</p> <p>Title of Presentation 1: “Tecnologia el instrument de desarrollo de la qualidade de vida de las personas mayores – el caso del Proyecto Cordon Gris”</p> <p>Title of Presentation 2: “Co-designing with senior citizens: methodology and evaluation of Project Cordon Gris”</p> 

	Público newspaper - Portugal
November 2017	Reference in newspaper publication
Partner	FhP
	<p>Article about Colaborar network, with more that 400 users and 40 institutions, in Público newspaper referring Cordon Gris project.</p> <p>https://www.publico.pt/2017/11/28/p3/noticia/tecnologia-neste-laboratorio-entregase-o-futuro-aos-mais-velhos-1828876</p>



	XII Congresso Nacional de Psicologia da Saúde
January 2018	Conference
Partner	SCML
	Title of Presentation “Prevenir a malnutrição entre os seniores através do uso de novas tecnologias: avaliação inicial do piloto do Projeto CordonGris”.


	SeniorTec: intergenerational program in the framework of project Cordon Gris
March 2018	Dissemination activity
Partner	SCML
	<p>The activity SeniorTec was carried out in the framework of project Cordon Gris, its objective was to promote intergenerationality.</p> <p>The activity was hosted by the elderly who participate in project Cordon Gris and was attended by university students from Higher School of Health of Alcoitão and ISCTE-University Institute of Lisbon. Two learning sessions were delivered in this action: a Nutrition Workshops and a Financial Education Workshop. After this, an intergenerational contact session took place by using Cordon Gris app. Elders demonstrated the different functionalities of the app and its usefulness for their everyday life. Besides promoting intergenerational contact, this activity aimed at disseminating project Cordon Gris.</p> <p>https://www.youtube.com/watch?v=0A4t1tCmSCc&feature=youtu.be</p>


	PerHealth 2018
March 2018	Paper
Partner	FhP, all
	<p>FhP has presented the paper “Cordon Gris: Integrated solution for meal recommendations” at the conference PerHealth (The Third IEEE PerCom Workshop on Pervasive Health Technologies) 2018 in Athens.</p> <p>http://learnlab.uta.edu/perhealth2018/</p>

	Press release in the Portuguese media
May 2018	Press
Partner	FhP, SCML, SONAE
	Press release send by Portuguese partners announcing the end of Cordon Gris pilots in Portugal




<p>https://saudeonline.pt/2018/05/23/idosos-portugueses-testam-tecnologia-capacitadora-que-ajuda-a-comer-melhor/</p> <p>https://boasnoticias.pt/idosos-portugueses-testam-tecnologia-capacitadora-que-ajuda-a-comer-melhor/</p> <p>http://www.viversaudavel.pt/noticia/tecnologia-app-cordon-gris-nutricao</p> <p>http://ptjornal.com/idosos-portugueses-testam-tecnologia-capacitadora-ajuda-comer-melhor-279790</p> <p>https://www.vitalhealth.pt/bem-estar/6111-idosos-portugueses-testam-tecnologia-que-ajuda-a-comer-de-uma-forma-mais-saud%C3%A1vel.html</p>
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	Boas práticas de Ageing in Place. Divulgar para valorizar. Guia de boas práticas.
May 2018	Book
Partner	SCML
	<p>Cordon Gris was one of the projects selected to be included in this Best Practices Guide of Ageing in Place, created and supported by Fundação Calouste Gulbenkian and Universidade Católica Portuguesa.</p> <p>https://gulbenkian.pt/publication/boas-praticas-de-ageing-in-place-divulgar-para-valorizar/?lang=pt-pt</p> 

	The Future of Food
June 2018	White paper
Partner	Sonae
	<p>Sonae has produced and presented “The Future of Food” white paper at the European Parliament. Cordon Gris project is mentioned in the text and the overall objective of the paper was to provide EU policymakers with recommendations to enable a more innovative retail sector.</p> <p>https://www.sonae.pt/en/media/press-releases/sonae-advocates-in-brussels-the-need-for-innovation-in-the-food-sector/</p> 

	Cordon Gris video of Portuguese Trials
June 2018	Social media
Partner	SCML
	<p>A video to report field trials in Portugal was developed by SCML. It was presented in the closing ceremony to Cordon Gris Portuguese participants and used for dissemination purposes.</p> <p>https://youtu.be/V7pvb0mK1js</p>

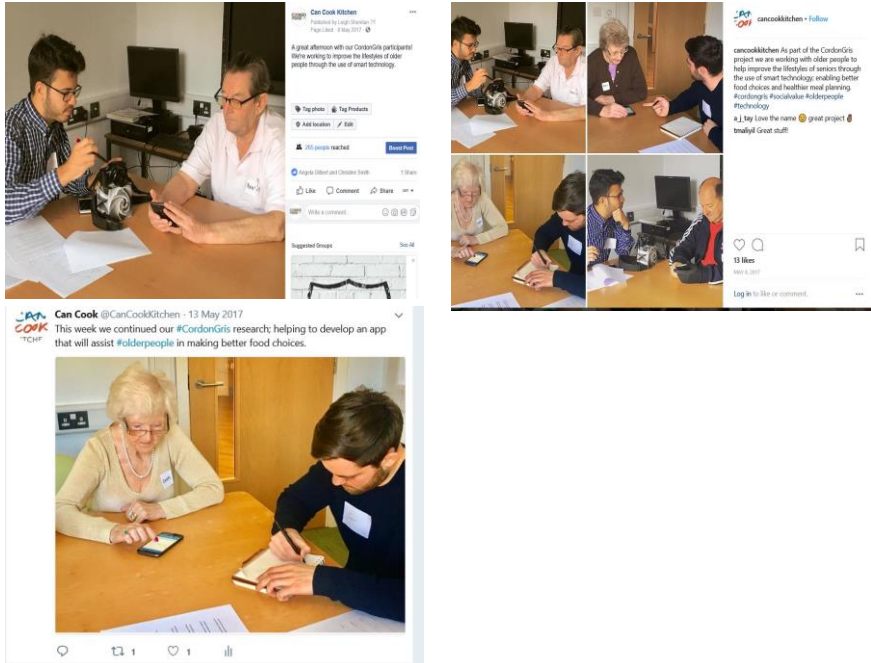
	Ending of field trials in Portugal
June 2018	Ceremony
Partner	SCML
	<p>A final ceremony took place at the premises of SCML to present the main results of Portuguese field trials. Both users and technical staff from day care centres had the opportunity of sharing their experiences and the impact of project Cordon Gris in their everyday lives. 90 people attended the event.</p> 

	10th Portuguese Congress of Sociology
July 2018	Dissemination activity
Partner	SCML
	<p>Title of Presentation "A participação social dos idosos: experiências e relatos de utentes da SCML"</p> <p>666 participants</p> <p>https://xcongresso-aps.eventqualia.net/en/2018/home/</p>

	Cordon Gris in Diário de Notícias newspaper
July 2018	Social media
Partner	FhP, SCML
	<p>Reference to Cordon Gris project in the article “A máquina salva-vidas é um simples smartphone” published in Diário de Notícias newspaper.</p> <p>CORDONGRIS</p> <p>Envelhecer com boa alimentação</p>  <p>Maria do Carmo Jorge tem uma voz jovem e cheia de energia. Em nenhum momento dá a entender que tem 73 anos e confessa que a idade não é um obstáculo para a sua relação com a tecnologia. Graças à CordonGris, uma aplicação que está a ser desenvolvida pelo Instituto Fraunhofer, Maria do Carmo já aprendeu alguns aspetos que deve melhorar sobre a sua alimentação:</p>  <p>tem de beber mais água e tem de ter especial atenção às quantidades que ingere de cada alimento. “Achei graça o nutricionista chamar à atenção pelas quantidades. Nós dizemos ‘um bife com cem gramas, isto é muito pequenino’. É aquilo que necessitamos, não precisamos de mais. Mas para nós, se for um bifinho maior, é mais agradável”, conta. A CordonGris é uma aplicação móvel que conjuga dados específicos dos utilizadores e cruza-os com uma base de alimentos. O objetivo é garantir que os mais idosos fazem refeições saudáveis e talhadas ao seu perfil. Uma das investigadoras do projeto, Maria Vasconcelos, revela que 15% da população idosa tem problemas de má nutrição. “No CordonGris tentamos colmatar este problema ao saber informação sobre estes idosos, sobre as suas preferências alimentares e a sua situação atual em termos de peso.”</p>

	VII Congreso de la Red Española de Política Social (REPS)
October 2018	Conference
Partner	SCML, FhP, SONAE
	<p>Title of Presentation “El uso de la tecnología como instrumento de apoyo a la atención de la persona mayor y el posible incremento de su autonomía”</p> <p>https://reps-zaragoza.com/</p>

2.2. United Kingdom

	2nd iterative testing sessions of Cordon Gris in the United Kingdom
May 2017	Workshop
Partner	CC, RNS
	<p>Workshop with group of older adults in Liverpool to access the development on the user interfaces design of Cordon Gris application.</p> <p>All activity posted on social media.</p>  <p>The above images, posted in May 2017 showcase the team from Red Ninja explaining and demonstrating user interfaces to older adults in residential accommodation.</p>

	3rd iterative testing sessions of Cordon Gris in the United Kingdom
June 2017	Workshop
Partner	CC, RNS
	Workshop with group of older adults in Liverpool to access the development on the user interfaces design of Cordon Gris application.

All activity posted on social media.




The above images showcase the team from Red Ninja explaining the Cordon Gris interface with a group of older adults living independently. Through exploring the UI with this second group the team were able to record how technological capabilities differed in older adults based on certain variables, i.e. their location and socio-economic status.

	AgeingFIT in Nice, France
6th and 7th February, 2018	Conference
Partner	RNS
	<p>The AgeingFit conference discusses all aspects of the healthy ageing sector. It will be organised in three tracks: “From needs to ideas”, “From ideas to innovation” and “From innovation to market”. Tailored to fit a multi-faceted audience, the AgeingFit 2018 conference programme featured topics related to retirement homes internal innovation processes, collaborative and open innovation, prevention, and gave a focus on market access, financing and regulations.</p> <p>Lee Omar, RNS CEO participated in Session “What are the perspectives for improved ergonomics and the inclusion of ICTs in designing a safer environment for the ageing population?” and talked about Cordon Gris.</p> <p>https://www.ageingfit-event.com/conference/challenges-designing-adapting-innovations-ageing-population/</p>


	Cordon Gris Field Trials Workshop
June, 2018	Workshop
Partner	CC, FhP, RNS
	On June 5 th a workshop session organized by CC and FhP took place in Liverpool with 10 participants, to deliver the equipment and explain how to use Cordon Gris app.

2.3. The Netherlands

	Teahealthtour 2017
January, March, April, May, June 2017	Event
Partner	KBO
	<p>The Teahealthtour is an one-day-event to inform seniors about innovations in care and housing. Banners and flyers from Cordon Gris were available in each day of the event that occurred in the referred months. KBO-PCOB has created this event, for the tablet coaches and elderly advisers. The target group is persons of 50 years and older and their relatives.</p> 

	2nd iterative testing sessions of Cordon Gris in The Netherlands
May 2017	Workshop
Partner	UNIEKBO
	Workshop with group of older adults to access the development on the user interfaces design of Cordon Gris application.

	3rd iterative testing sessions of Cordon Gris in The Netherlands
July 2017	Workshop
Partner	UNIEKBO
	Workshop with group of older adults to access the development on the user interfaces design of Cordon Gris application.

	50PlusBeurs
September 2017	Fair
Partner	KBO
	<p>The 50PlusBeurs is an annual event. The target group is - as the name suggests - persons of 50 years and older. The fair is held in the Netherlands in the Jaarbeurs halls in Utrecht. KBO-PCOB informs visitors about all kinds of activities of the association, including the AAL project. Interested parties can ask questions, receive an explanation, a banner and flyers from Cordon Gris are available.</p> 

	Recruitment users for the field trials in Netherlands
September 2017	Announcement
Partner	KBO
	KBO has produced an announcement to recruit elderly for field trials in the Netherlands. It was published in KBO website, twitter and facebook accounts. https://www.kbo-pcob.nl/nieuws/testers-gezocht-europees-voedingsproject/

October 2017	Ceremony
Partner	KBO
	<p>The field trials in the Netherlands have started in October 2017. The participants came together at the office of KBO-PCOB in Utrecht to practise with the app and with the supplied smartphone and activity tracker. They were also informed about the Cordon Gris project. It was a valuable meeting in which the participants already gave their feedback on the app.</p> 

	Teahealthtour 2018
January, June 2018	Event
Partner	KBO
	The Teahealthtour is an one-day-event to inform seniors about innovations in care and housing. Banners and flyers from CordonGris are available. KBO-PCOB has

created this event, initially for the tablet coaches and elderly advisers, but is now accessible to all interested parties. Since 2018 we cooperate with the pop-up-store from Zorginnovatiewinkel. The target group is persons of 50 years and older and their relatives.



Beginning of field trials in the Netherlands

March 2018

Event


Partner

KBO, Jumbo

A ceremony to celebrate the start of Cordon Gris field trials in the Netherlands took place in 's Hertogenbosch, where we had the presence of our participants and Jumbo Groceries.

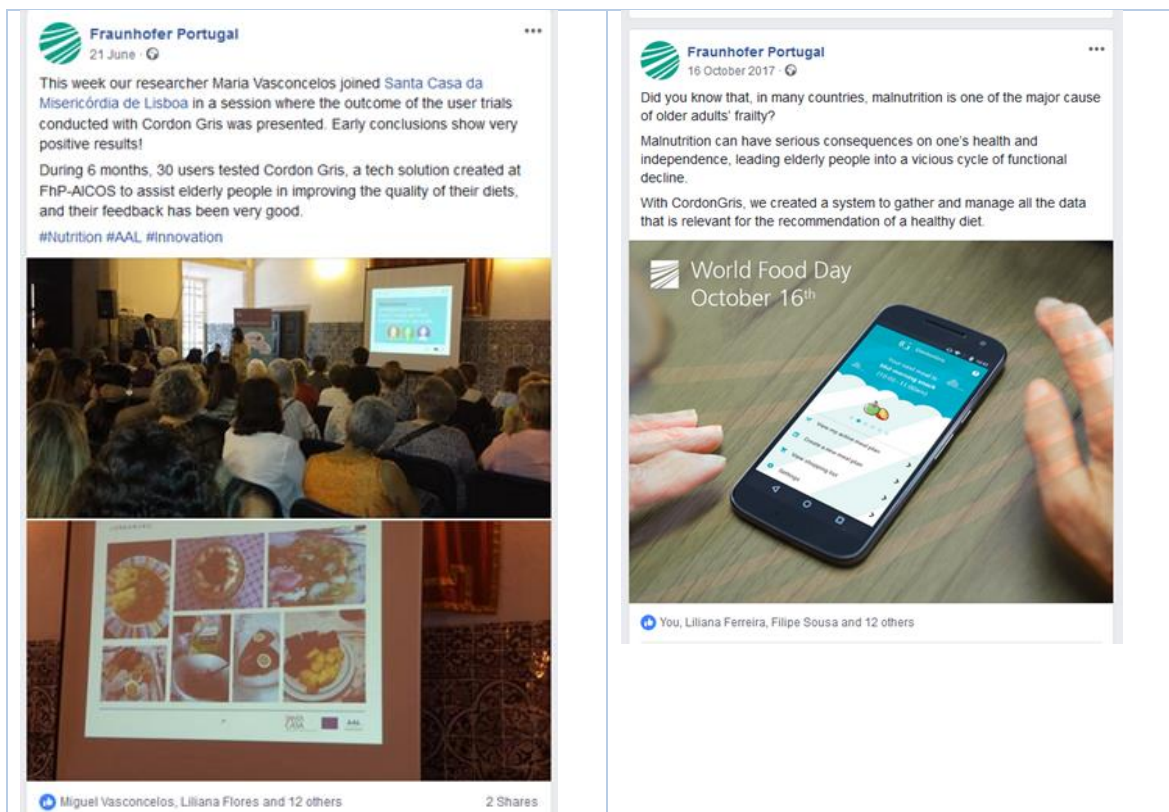




	End of field trials in the Netherlands
May 2018	Event
Partner	KBO, Jumbo
	<p>A ceremony to celebrate the end of Cordon Gris field trials in the Netherlands took place in 's Hertogenbosch, where we had the presence of our participants and Jumbo Groceries.</p> 

2.4. Social media

Throughout the project all partners have posted in their social media channels (LinkedIn, Facebook, twitter) information from Cordon Gris project. Some of the posts are here presented.





Fraunhofer Portugal
21 June · 🌐

This week our researcher Maria Vasconcelos joined Santa Casa da Misericórdia de Lisboa in a session where the outcome of the user trials conducted with Cordon Gris was presented. Early conclusions show very positive results!

During 6 months, 30 users tested Cordon Gris, a tech solution created at FhP-AICOS to assist elderly people in improving the quality of their diets, and their feedback has been very good.

#Nutrition #AAL #Innovation



Miguel Vasconcelos, Lilliana Flores and 12 others
2 Shares


Fraunhofer Portugal
16 October 2017 · 🌐

Did you know that, in many countries, malnutrition is one of the major cause of older adults' frailty?

Malnutrition can have serious consequences on one's health and independence, leading elderly people into a vicious cycle of functional decline.

With CordonGris, we created a system to gather and manage all the data that is relevant for the recommendation of a healthy diet.

World Food Day
October 16th



You, Lilliana Ferreira, Filipe Sousa and 12 others



Can Cook Kitchen shared a photo. 6 June

Cordon Gris has launched in the UK! We're so excited to be combating malnutrition and isolation for older people across Liverpool!

Fraunhofer Portugal 6 June

CordonGris, the tech solution that assists elderly people in improving their diets, is now being tested by users in the United Kingdom!

Our researchers Maria Va...
See more

5

Can Cook Kitchen 2 May

This week we began working with residents from the Wheel Meet Again Community Centre for the Cordon Gris project! Check out how this multinational programme is helping to change the lives of older people through good food & smart tech.

CordonGris CordonGris

1

Can Cook Kitchen 9 July 2017

CordonGris! We're working with partners across Europe to fight malnutrition in older people through good food and smart technology!

2 1 Share

Red Ninja Studios 16 January

Our Project Manager Ric attended Fraunhofer Institute's General Assembly in Porto to update our partners on our Cordon Gris project.

1

Cordon Gris Retweeted

SANTA CASA M. LISBOA @SantaCasaLisboa · 19 Sep 2017

Projeto @CordonGris: Workshop de refeições saudáveis com população sénior, utentes da @SantaCasaLisboa #saúdavel #bemestar @SONAE

1 2

Gema Ibañez @geibsan · 28 Sep 2016

At @FhP_AICOS booth at #AALForum #cordongris

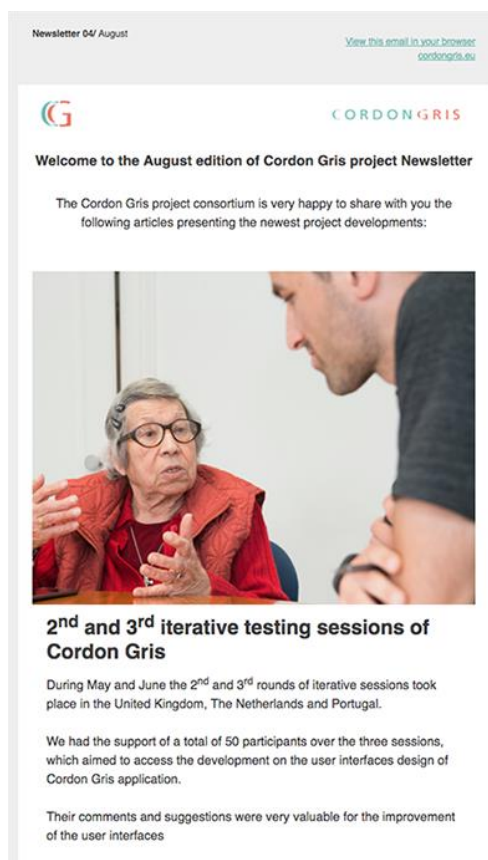
4 3



3. Newsletter

Quarterly electronic newsletters of Cordon Gris were sent to the subscribers in order to disseminate the project results. In addition the newsletters were shared via twitter by UniekBO partner.



3.1. Newsletter 4 – July 2017




[Link.](#)

3.2. Newsletter 5 - October 2017

Newsletter 05/ October [View this email in your browser cordongris.eu](#)



The Cordon Gris project consortium is very happy to share with you the following articles presenting the newest project developments:





Field trials starting in Portugal

In the beginning of October a ceremony to celebrate the start of Cordon Gris field trials in Portugal took place in Lisbon, where we had the presence of our participants and the Social Action Administrator of Santa Casa da Misericórdia de Lisboa, Dr. Sérgio Cintra. There was also time to briefly explain the technology, however further sessions will occur to familiarize seniors that are participating in these field trials with Cordon Gris application.


[Link.](#)

3.3. Newsletter 6 - February 2018

Newsletter 06/ February [View this email in your browser cordongris.eu](#)



The Cordon Gris project consortium is very happy to share with you the following articles presenting the newest project developments:



Training sessions at SCML

During the last months several training sessions took place at SCML involving all Cordon Gris Portuguese participants aiming to engage them with technology and promoting a learning environment.

There were also workshops aiming to explore different themes related to Cordon Gris, namely about nutritional and financial aspects. Among other subjects, the participants had the opportunity to discuss about the importance of the variety and seasonality of food for a healthy diet, the Mediterranean diet, food portion and saving strategies.

[Link.](#)



3.4. Newsletter 7 - July 2018

Newsletter 07/ July [View this email in your browser](#)
[cordongris.eu](#)

 **CORDON GRIS**

The Cordon Gris project consortium is very happy to share with you the following articles presenting the newest project developments:




Cordon Gris paper presented at PerHealth 2018

In March Jorge Ribeiro, a researcher from Fraunhofer Portugal made a presentation at the conference PerHealth 2018 in Athens, of an article about Cordon Gris project. The article is titled Cordon Gris: Integrated solution for meal recommendations and details the process of research and development of the Cordon Gris system.

[Link.](#)


3.5. Newsletter 8 – September 2018

Newsletter 08/ September [View this email in your browser](#)
[cordongris.eu](#)

 **CORDON GRIS**

Welcome to the last edition of Cordon Gris project Newsletter.

The Cordon Gris project consortium is very happy to share with you the following articles presenting the final project developments:



Portuguese field trials completed

Portuguese field trials running since October 2017 have come to an end in May 2018, where 29 participants tested Cordon Gris system. According to the questionnaire, participants increased their interest in nutrition and also change some eating habits such as having more meals per day (ex.: evening snack) and eating more fruit. Overall, participants were very satisfied with the Cordon Gris app.

[Watch the video](#)

[Link.](#)



4. Communications and Dissemination Activities Monitoring Mechanisms

4.1. Website and Social Media monitoring

For monitoring the presence on the web, the Cordon Gris website implemented the analytics services from Google. The Google Analytics service was to collect, among other metrics, information regarding pages views, traffic sources, and demographics.

A total of 26 news articles were published in the public website of the project. Two dissemination videos were created and published on YouTube and these were promoted on Cordon Gris's website, and the media from each partner.

Based on the data collected since the beginning of 2017 until end of July 2018, the Cordon Gris website had approximately 6000 with about 4200 unique page views from 1000 different users. Most of the visits came from Portugal (48%), followed by United States (10%), United Kingdom (10%), and the Netherlands (9%). The majority of visits came from the desktop (81%), and the rest from mobile or tablet.

4.2. Newsletter monitoring

The newsletter campaigns are sent with the help of the service MailChimp.

The fourth newsletter, July 2017, was distributed to 48 subscribers.

The fifth newsletter, October 2017, was distributed to 51 subscribers.

The sixth newsletter, February 2018, was distributed to 49 subscribers.

The seventh newsletter, July 2018, was distributed to 57 subscribers.

The final newsletter, September 2018, was distributed to 57 subscribers.

5. Printed materials

Before the field trials start, new versions of flyer, poster and roll up were released.

5.1. Flyer – front and back

The project that will make you stay active and eat healthily on a budget.

CORDONGRIS

ACTIVITY MONITORING

MEAL RECOMMENDATION

READY-MADE MEALS GROCERY DELIVERIES

CORDONGRIS

We want to hear from you. Contact us.

✉ info@cordongris.eu

🌐 cordongris.eu

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Fighting malnutrition

One major cause of older people's frailty in many countries is malnutrition. It can have serious consequences on one's health and independence. Socio-economic status, culture or personal preferences are some key elements to deliver food recommendations that are healthy and well accepted. Cordon Gris will gather and manage data that is relevant for this purpose (e.g. activity monitoring, country-specific companies' and the consumers' side to reduce food waste both on the Cordon Gris is working with the goal, data, along with the recommendations. With its intelligent treatment of the activity and a budget constraint, that balance healthy eating, physical system can generate recommendations of all the data, the central intelligent providers' information). By making sense food composition tables or service

How it works

The system is composed by three core components: a recommendation engine for the analysis of all information and generation of meal recommendations; user interfaces that will allow people to interact with the system to get help planning their meals and shopping; and an integration service to allow the connection with third party devices and infrastructures, namely, groceries and ready-made meals delivery.

CORDONGRIS

Can Cook
cancook.co.uk

RED NINJA
redninja.co.uk

kbo-pcob
kbo-pcob.nl

Fraunhofer PORTUGAL
fraunhofer.pt

SANTA CASA
santacasa.pt

SONAE MC
sonae.pt

My meal plan

Tuesday, 13, June

Breakfast

Porridge

Apple

English breakfast tea

Mid-morning snack

Strawberry yoghurt

Confirm meal plan

5.2. Poster

THE PROJECT THAT WILL MAKE YOU STAY ACTIVE AND EAT HEALTHILY ON A BUDGET

READY-MADE MEALS
GROCERY DELIVERIES

MEAL
RECOMMENDATION

ACTIVITY
MONITORING

CORDONGRIS

FOOD COMPOSITION TABLES
PT /UK /NL

USERS
Anthropometric Data
Physical Activity
Preferences

RETAILERS
Prices
Discounts
Stocks

SERVICE PROVIDERS
Ready-Made Meals
Groceries deliveries

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PARTNERS

FUNDING ENTITIES



5.3. Roll up

THE PROJECT THAT WILL MAKE YOU STAY ACTIVE AND EAT HEALTHILY ON A BUDGET

MEAL RECOMMENDATION

READY-MADE MEALS GROCERY DELIVERIES

ACTIVITY MONITORING

CORDON GRIS

FOOD COMPOSITION TABLES PT /UK /NL	USERS Anthropometric Data Physical Activity Preferences	RETAILERS Prices Discounts Stocks	SERVICE PROVIDERS Ready-Made Meals Groceries deliveries

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PARTNERS

Fraunhofer PORTUGAL, SANTA CASA, SIBS/ASMC, CRAN COOK, RED NINJA, kbo-pcob

FUNDING ENTITIES

European Union flag, AAL PROGRAMME, FCT Fundação para a Ciência e a Tecnologia, Innovate UK, ZonMw