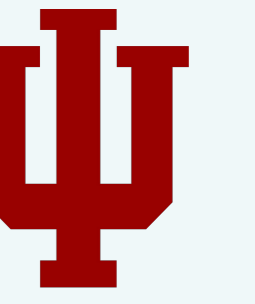


# Cooking Stories: Connecting Remote Families Through the Sharing of Cooking Experiences

Forum Modi<sup>1</sup>, Colin LeFevre<sup>2</sup>, Nikhil Dinesh<sup>2</sup>, Aswati Panicker<sup>2</sup>, and Chia-Fang Chung<sup>2</sup>

The College of New Jersey<sup>1</sup>, Indiana University Bloomington<sup>2</sup>

modif1@tcnj.edu, clefevr@iu.edu, ndinesh@iu.edu, apanicke@iu.edu, cfchung@iu.edu



## Introduction

Eating is not an isolated choice.

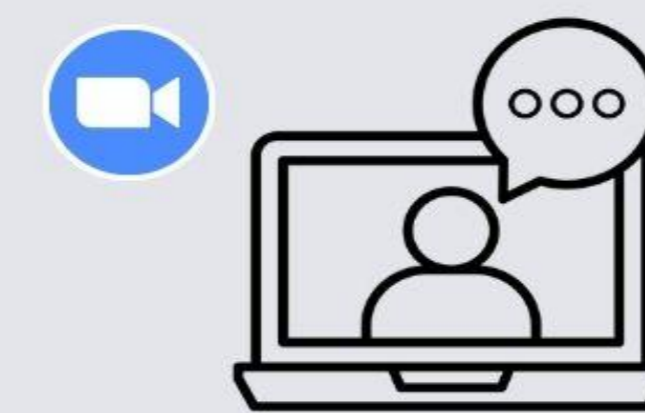
- Support through *familial conversations* around food and health help individuals maintain healthy habits (Delormier et al., 2009).
- *Changing roles and contexts within a family*, e.g., adult children moving away, influences the support individuals receive (Binda et al., 2018; Panicker, Basu, and Chung, 2020).

How can systems like Cooking Stories help facilitate connection among distanced family members through cooking experiences?

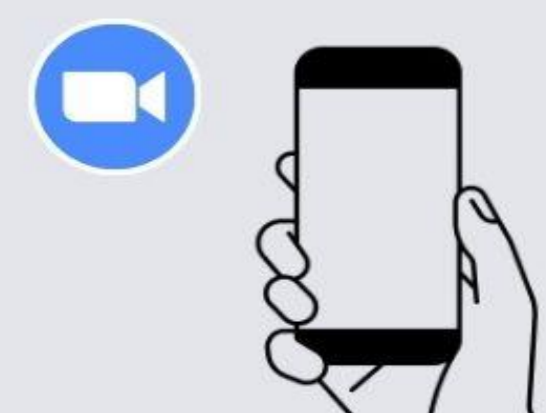
## Methods



5 Participants  
Ages: 20-65



Pre & Post  
Interview



Prototype  
Usability Test

Image Credits: Participants by João Paulo, Phone Screen by Pelin Kahraman, Live Chat by Vectors Point from NounProject.com

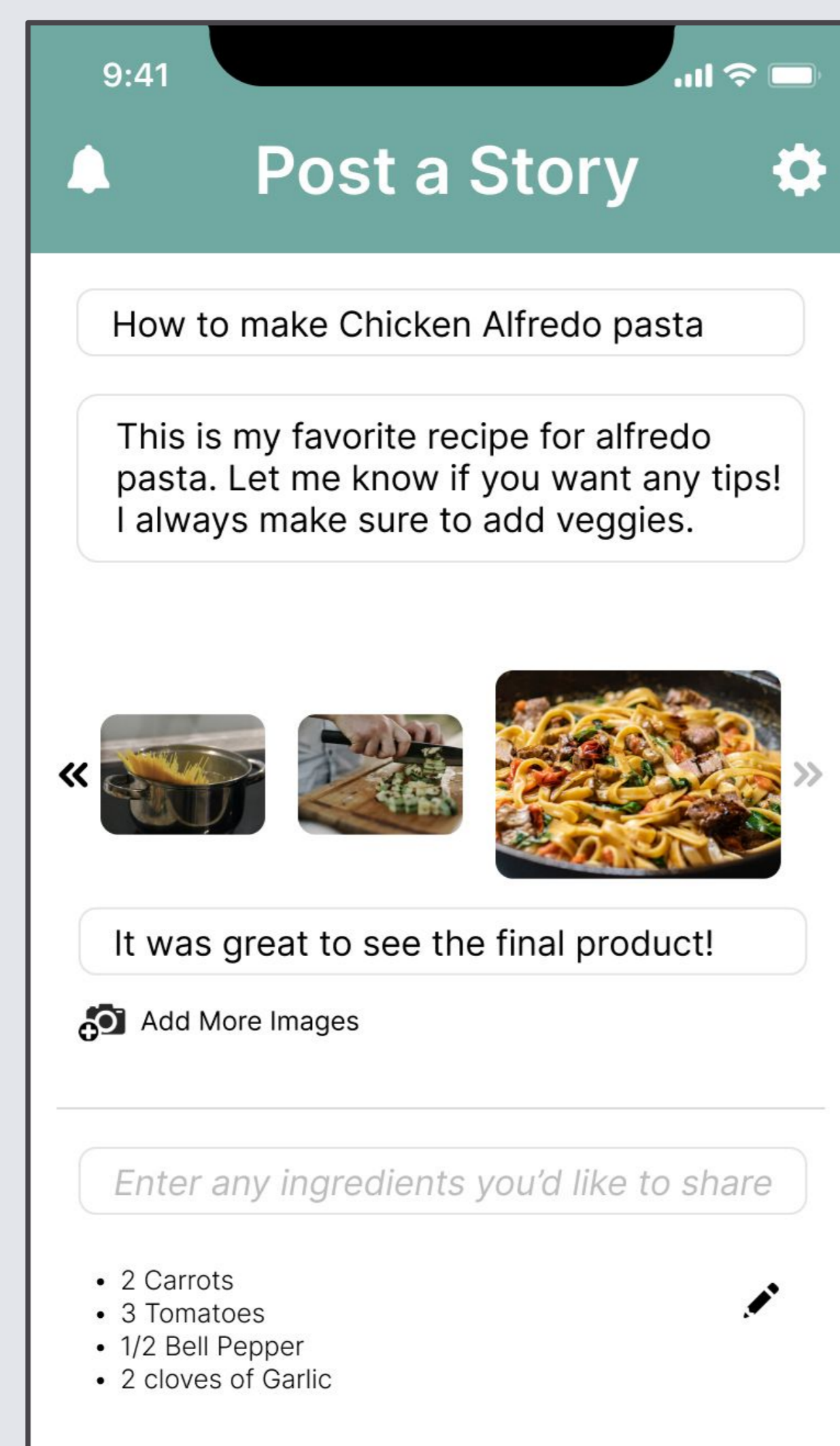
## Prototype Design

**Cooking Stories** is a research probe that investigates how design can support the sharing of cooking experiences between distanced families.

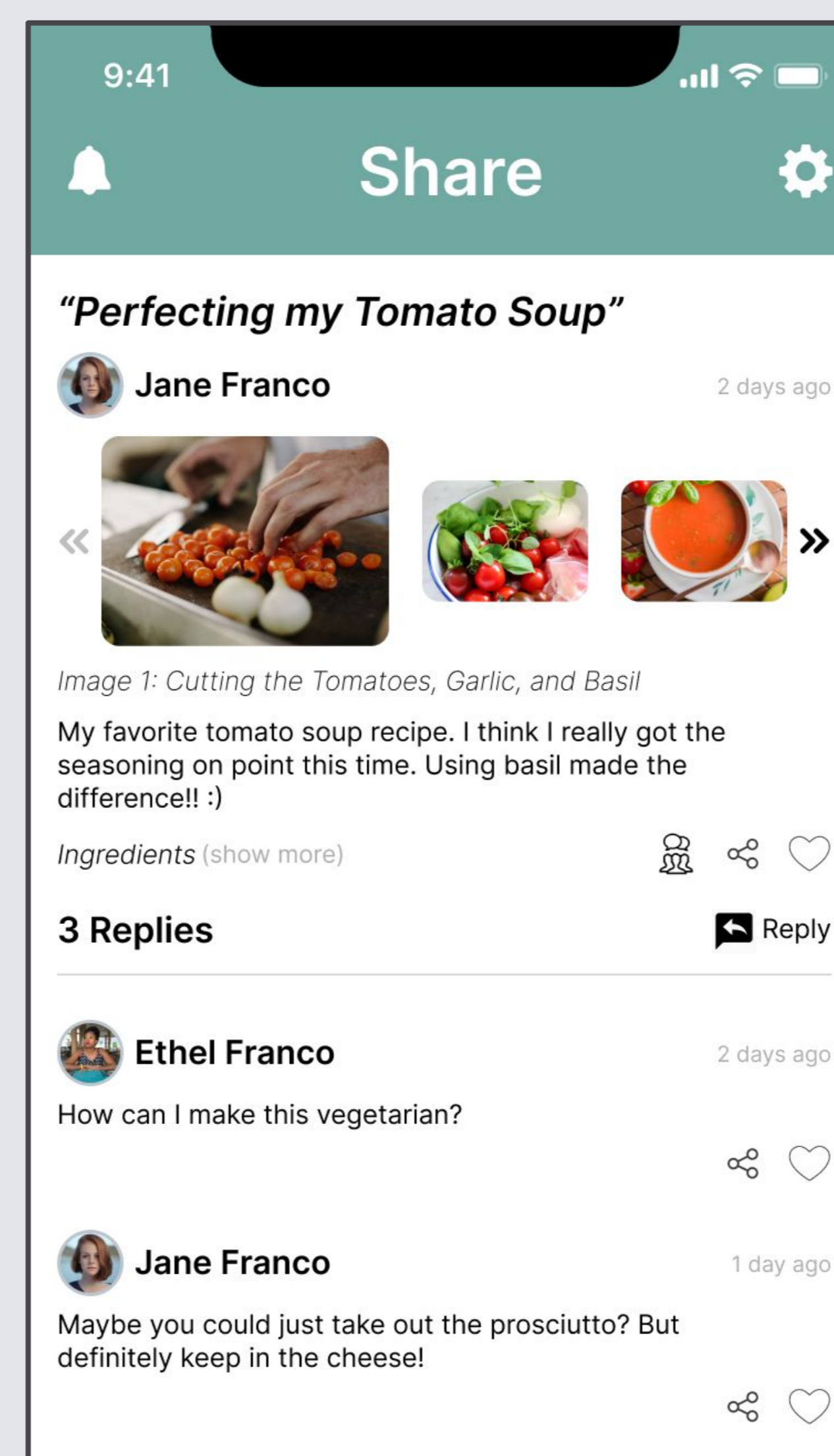
Cooking Stories focuses on three major design considerations:

### 1. Capture and Curation of Full Cooking Experience

- Supporting the **sharing of process**, instead of the outcome
- **Promoting conversations** through photo-centric sharing



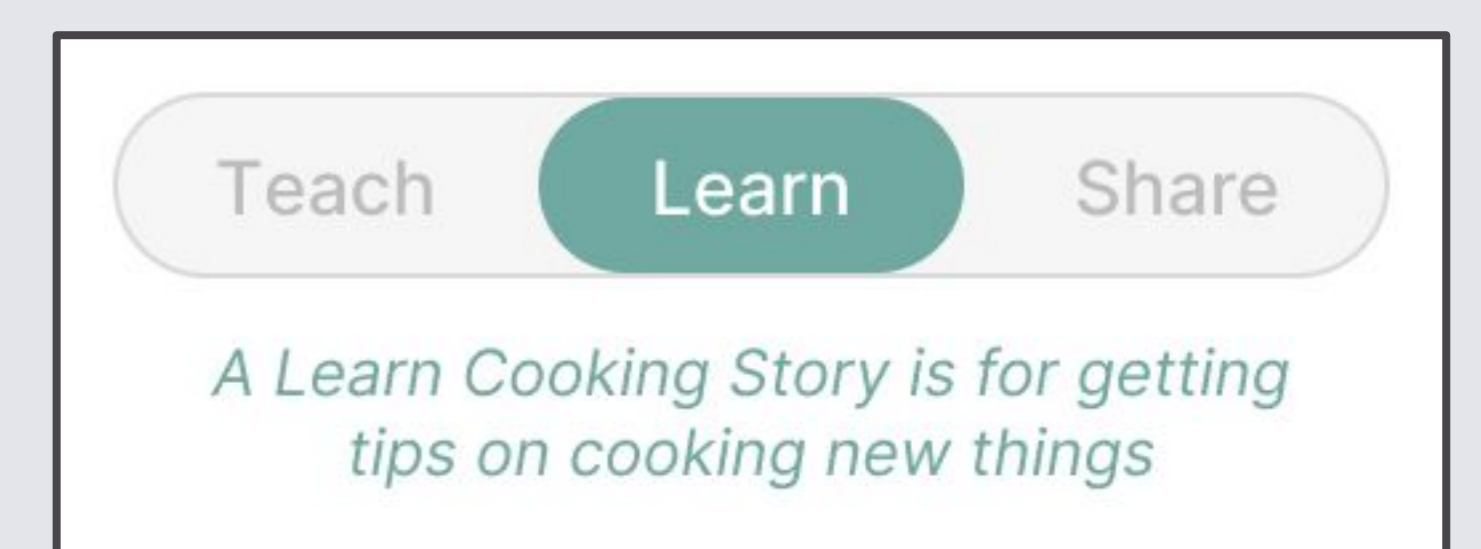
The process of posting a pasta-making experience



An example post of making a tomato soup dish

### 2. Supporting Transitions between Food Preparation Roles

- **Sharing asynchronously** helps with conflicting schedules
- Allowing individuals to switch between **learn, teach, and share** their cooking experience



### 3. Promoting Celebratory Eating and Cooking

Focusing on the **experience of cooking** than the nutritional impact of food

## Results

Preliminary studies identified three themes supporting the sharing of cooking experiences between families:

#### 1. Providing contexts situating cooking experiences

Communicating and sharing food and cooking experience out of contexts could easily create tensions around what is appropriate to share.

#### 2. Incorporating the process as individuals see fit

Providing the flexibility that allows individuals to share the process help them focus on experiences and expressions

#### 3. Emphasizing Familial Community

While potentially appropriate for other communities, family members share mutual understandings and meaning that support conversations around cooking experience.

## Future Work

- Further reinforcing the three themes supporting family connection and sharing, as well as incorporating user feedback
- Transitioning to deploying a functional mobile prototype to conduct further studies and research

## Acknowledgements

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## References

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