4LOOP

Problem Description

People often have difficulty making healthy and budget-friendly meals when their pantry supplies are running low.​ Current solutions, like online recipes, are often not helpful with limited pantry ingredients.​

There is a need for a user-friendly app that helps users create balanced, money-saving meals with the ingredients they have.​

The "Food for Thought" app solves this problem by providing practical meal recommendations based on available ingredients.

Solution

We developed an AI model that allows users to scan or type in their food ingredients and recommends healthy recipes that the user could use. The model would also be integrated with Sanlam Reality and suggest missing ingredients that the user could purchase on a discount via the Sanlam Reality.

Future expansions include partnerships with retailers like Checker’s 60min delivery etc. The solution would also contribute to the data collection tools already in place at Sanlam as users would have to register a profile to get a much more personalized solution.

Thanks for reading 😊