

Project Ideation: Child Nutrition Tracker

1. Inspiration

The idea for the Child Nutrition Tracker was born from observing a common challenge many parents face:

- Difficulty tracking what their kids eat
- No easy way to monitor nutritional balance
- Busy schedules leading to skipped or unbalanced meals
- Lack of accessible, personalized education on child nutrition

The goal was to create a simple, mobile-first solution that empowers parents to take charge of their children's health daily.

2. Problem Statement

Despite rising awareness about healthy eating, many parents still:

- Don't know how much protein, carbs, or fats their children should be getting
- Struggle with logging or remembering what their child has eaten
- Lack visual tools to measure dietary balance over time
- Forget meal times or water intake reminders
- Poor nutrition during childhood can lead to:
 - Stunted growth
 - Weak immune systems
 - Long-term chronic health issues

3. Vision

To empower every parent with smart tools and guidance to raise healthier children.

4. Goals

- ✓ Provide an easy way for parents to log and track meals
- ✓ Visualize nutritional progress with graphs and dashboards
- ✓ Offer educational content tailored to a child's age
- ✓ Send reminders for meals, snacks, or hydration
- ✓ Support multiple children profiles in one app
- ✓ Promote habit consistency through gamification

5. Unique Value Proposition

Unlike generic calorie counters or fitness apps, this app is tailored specifically for parents and:

- ✓ Focuses on child-specific nutritional needs
- ✓ Supports multi-child tracking
- ✓ Includes age-based tips and food recommendations
- ✓ Can send SMS/email reminders using Twilio
- ✓ Works offline and syncs with Supabase backend when online

6. How It Works (Simplified Flow)

- Register / Log in
- Add a child profile (age, weight, allergies)
- Log meals/snacks using a food database
- App calculates daily intake → compares to recommended ranges
- Parents see charts, receive tips, and can set reminders

7. Future Potential

Integration with nutritionist chat

- ❖ AI-powered meal suggestions based on gaps in diet
- ❖ Support for wearable syncing (e.g. activity, hydration)
- ❖ Global use via multilingual support (Swahili, English, etc.)
- ❖ Partnerships with clinics, schools, and NGOs