

Recipebox

This is a work in progress to offer Peace Corps Volunteers recipes from various cookbooks

[View project on GitHub](#)

Background

Regardless of the sector to which they belong, Peace Corps Volunteers are frequently involved in activities centered on cooking demonstration and education to improve nutrition outcomes in their communities. Apart from reporting on inclusion of these activities, the quality and appropriateness of these efforts to meet objectives and ensure a “Do No Harm” approach is unknown.

A resource that could meet multiple needs through a single interface is expected to enhance the Volunteer experience and raise the quality of activities around meal planning, cooking demonstrations and other activities that seek to improve nutritional outcomes through food and diet.

Building Momentum

To facilitate the launch of the PCRB, designers can capitalize on a long history of PC country-specific cookbooks. Often passed down in simple written formats, PC Volunteers have, over the years, created and archived both traditional recipes as well as innovative adaptations that incorporate local inputs.

Though these have been used primarily for Volunteers to prepare food for themselves, this initial database of recipes will provide the initial ‘feedstock’ to build the database of recipes and is evidence that there is a demand for the platform.

The User Experience

By accessing the PCRB, the user should be able to accomplish the following:

- Find a recipe to create a meal for themselves
- Find a recipe to use for a food oriented programming activity
- Easily assess the relative quality of a recipe based on a nutrient output
- View and submit comments about the recipe and any activities related to the using the recipe

Information Page Essential Components

- Searchable fields
 - Type of Cuisine
 - Meal (Breakfast, lunch, etc.)
 - Season (if applicable)
- Ingredient List

- Comment Area
 - Ratings
 - Modifications
 - Endorsements (technical specialists, collaborating Registered Dieticians etc.)
- Video upload capability to assist with execution of the meal
- Nutrient Database Output
 - Overnutrition
 - Calories
 - Sodium
 - Fiber
 - Saturated Fat
 - Micronutrient Information
 - Undernutrition
 - Micronutrients Information (Vitamin A, Zinc, Iron and Iodine)
- Measurement Dropdowns
- Recipe Upload Function

Multiple meetings have been held with USDA to ascertain the level of interest and capacity to support the effort. The robust [National Nutrient Database for Standard Reference](#) can serve as the backbone of the project. However, use of the database is insufficient for the project and a number of additional components are required. These additions are listed below:

The Recipe Database

There already exists a wealth of recipes at various Peace Corps posts that have been recorded and passed down for decades. Collection of these resources and upload of the data into a digital format could be done to initiate the database. Allowing users to upload new recipes will be critical to this being a “living” database and to ensure that it achieves a critical mass.

Measurement Converter

There will be a need to convert measurements into various units to account for local preferences for Volunteers and their communities all around the world. Allowing users to ‘create’ measurement equivalents will be necessary to account for obscure localized measurement units.

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