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What’s For dinner?

CS370 Term Project

**Introduction**

In modern America, cooking and eating from home has never been more difficult, due to longer working hours and longer commute times. Even those who are able to work from home aren’t immune – having your office available at the press of a button makes it more difficult to set boundaries on when work is over. The amount of time women now devote to cooking is only slightly more than half of what it once was in the 1960s. While it’s true that men cook more now than they did back then, it’s not nearly enough to make up the difference (1).

Between the longer hours spent at work or commuting and the proliferation of fast casual restaurants, it’s never been easier to skip preparing a meal. A 2018 survey conducted by Zagat reported that Americans eat out on average of 4.9 times per week (2). Even with the low prices available at most fast food restaurants, those meals add up, both in financial cost and in their impact on the health of Americans.

Americans are in worse health than ever. Compared to other comparable high-income countries, America fares worse in life expectancy, obesity, diabetes, heart disease, among other health problems. According to the National Academy of Sciences, one of the possible factors leading to this gap in health is that Americans consume the most calories per capita in the world (3).

Most people have probably found themselves in a situation where they are exhausted from work, and stopping at the grocery store to pick out ingredients and then prepare them seems like an insurmountable task. It’s far easier to pull into the drive-through and grab fast food. However, with both financial and physical health on the line, it’s very important that we find ways to make cooking at home easier.

Our team asked the question: how can we make cooking at home easier? If shopping for ingredients is too much, what if you had some options for meals to prepare that used what you already had at home? There are plenty of meals that you can prepare that would take less time than waiting in line at Chipotle or Raising Cane’s. The idea for “What’s for Dinner” was born.

**Problem Characterization**

**Proposed Solution**

**Implementation Strategy**

**Methodology**

**Libraries Used**

**Conclusion**

Bibliography

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3. https://www.ncbi.nlm.nih.gov/books/NBK154469/