

OneTable

- ✓ **Technology Stack**
 - Built with Python (Flask) + HTML/CSS + SQLite
- ✓ **Youth-Centered Nutrition Database**
 - Leverage curated data to identify the specific nutrients essential for growth
- ✓ **Daily Intake Tracking and Analysis**
 - Monitor daily dietary intake and calculate nutritional deficiencies to tailor recommendations
- ✓ **AI-Driven Insights**
 - Integrate the OpenAI API to provide personalized nutritional advice and interactive support
- ✓ **Community Outreach**
 - Connect with a network for underprivileged families to request groceries

