Cooking Stories: Connecting Remote Families Through the Sharing of Cooking Experiences

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Introduction

Eating is not an isolated choice.

- *Support through familial conversations* around food and health help individuals maintain healthy habits (Delormier et al., 2009).

- *Changing roles and contexts within a family,* e.g., adult children moving away, influences the support individuals receive (Binda et al., 2018; Panicker, Basu, and Chung, 2020).

How can systems like Cooking Stories help facilitate connection among distanced family members through cooking experiences?
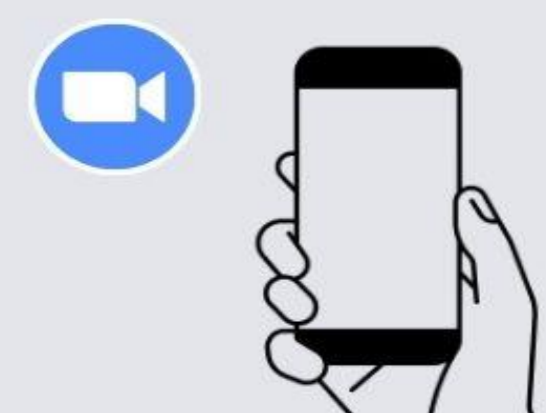
Methods
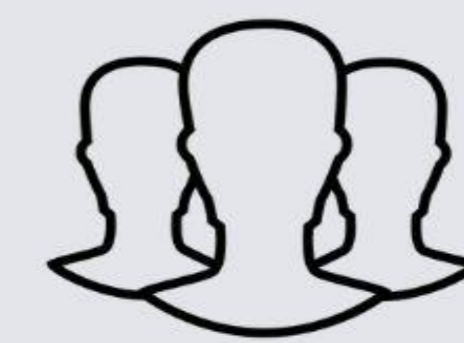
5 Participants
Ages: 20–65

Pre & Post Interview

Prototype Usability Test

Image Credits: Participants by João Paulo, Phone Screen by Pelin Kahraman, Live Chat by Vectors Point from NounProject.com

Prototype Design

Cooking Stories is a research probe that investigates how design can support the sharing of cooking experiences between distanced families.
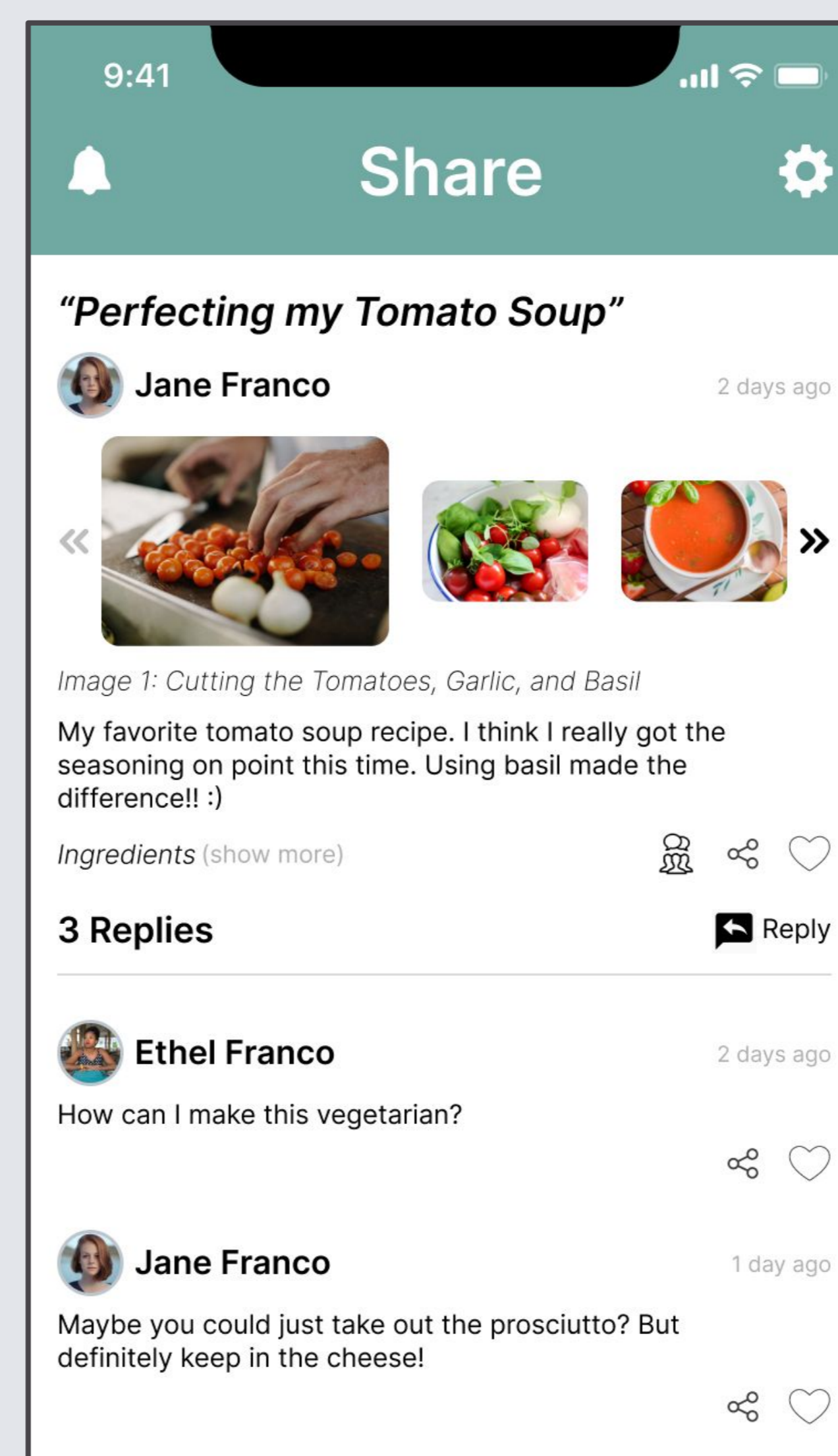
Cooking Stories focuses on three major design considerations:

1. Capture and Curation of Full Cooking Experience

- Supporting the **sharing of process,** instead of the outcome
- **Promoting conversations** through photo-centric sharing
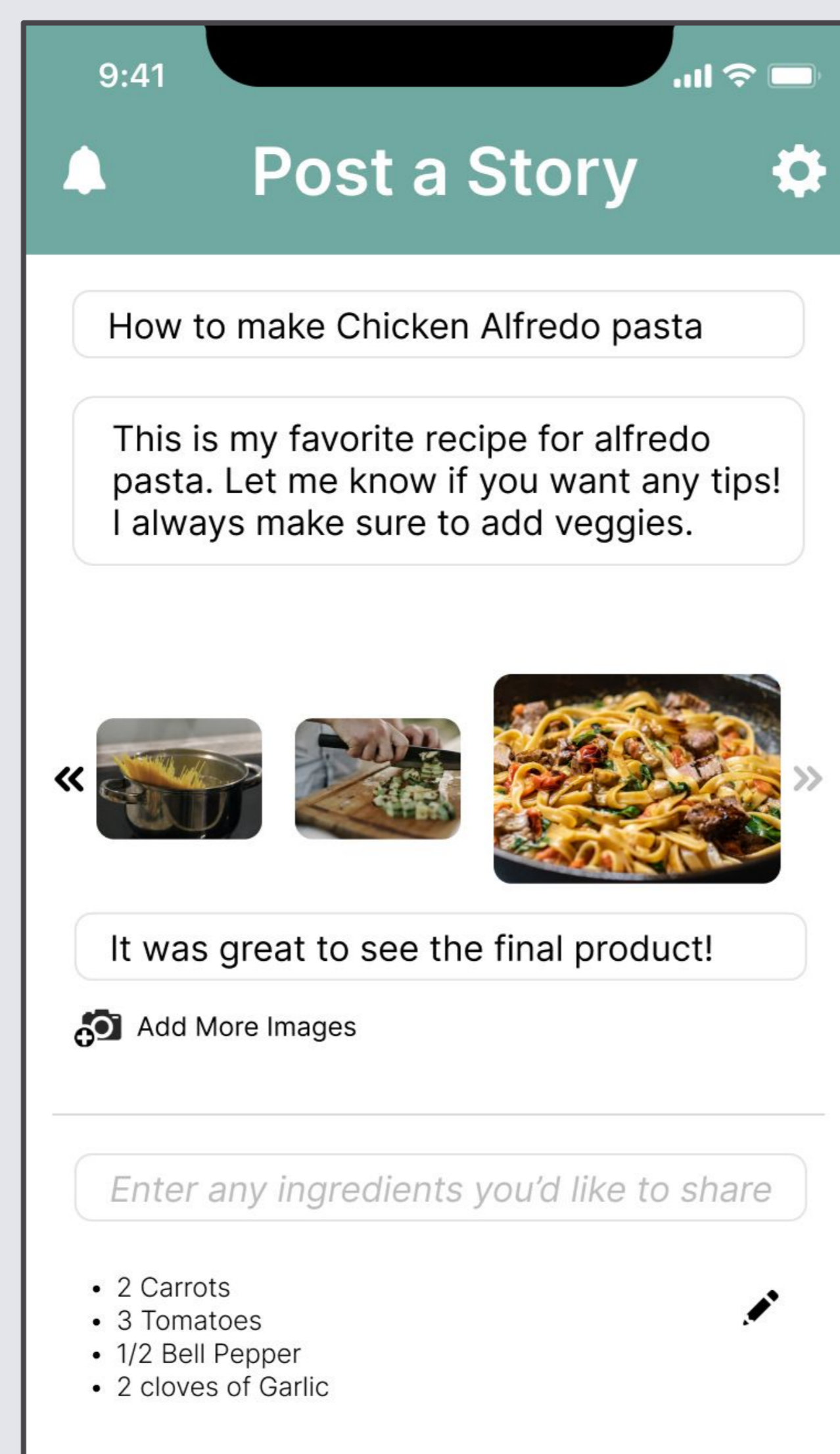
The process of posting a pasta-making experience

An example post of making a tomato soup dish

2. Supporting Transitions between Food Preparation Roles

- **Sharing asynchronously** *helps with* conflicting schedules
- Allowing individuals to switch between **learn, teach, and share** their cooking experience

Teach | Learn | Share

A Learn Cooking Story is for getting tips on cooking new things
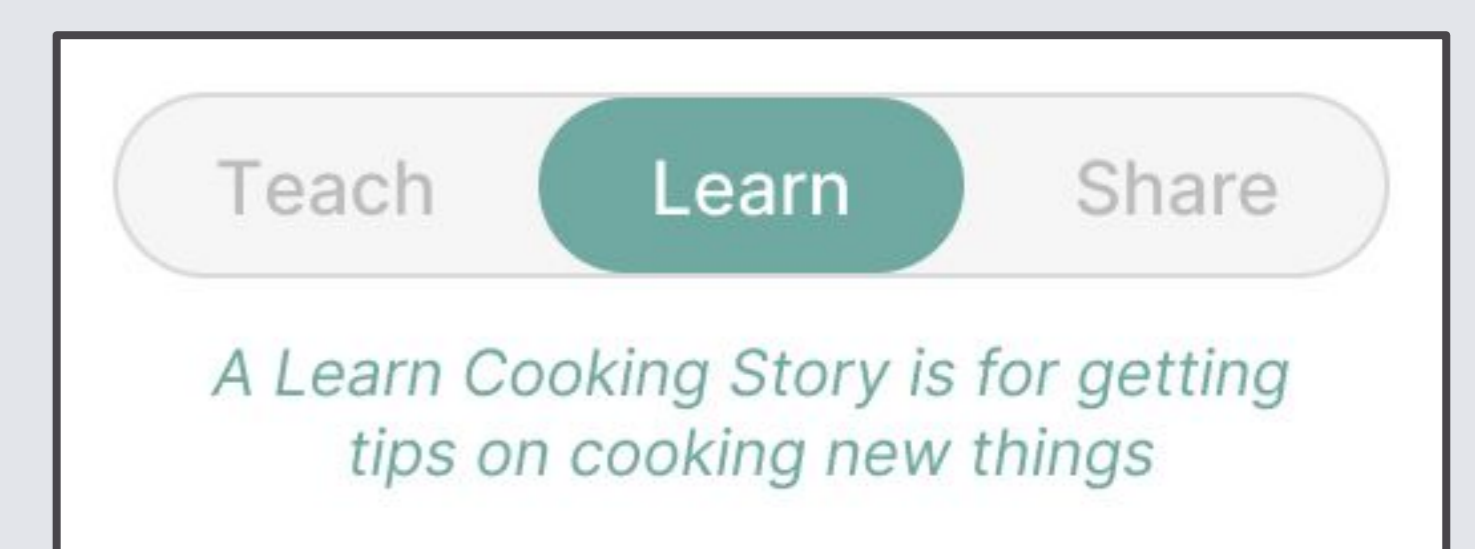
3. Promoting Celebratory Eating and Cooking

Focusing on the **experience of cooking** than the nutritional impact of food

Results

Preliminary studies identified three themes supporting the sharing of cooking experiences between families:

1. Providing contexts situating cooking experiences
Communicating and sharing food and cooking experience out of contexts could easily create tensions around what is appropriate to share.

2. Incorporating the process as individuals see fit
Providing the flexibility that allows individuals to share the process help them focus on experiences and expressions

3. Emphasizing Familial Community
While potentially appropriate for other communities, family members share mutual understandings and meaning that support conversations around cooking experience.

Future Work

- Further reinforcing the three themes supporting family connection and sharing, as well as incorporating user feedback
- Transitioning to deploying a functional mobile prototype to conduct further studies and research

Acknowledgements

References

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2. Binda, J., Wen Yuan, C., Cope, N., Park, H., Kyoung Choe, E., & Carroll, J. M. (2018). Supporting Effective Sharing of Health Information among Intergenerational Family Members. PervasiveHealth '18: Proceedings of the 12th EAI International Conference on Pervasive Computing Technologies for Healthcare. https://doi.org/10.1145/3240925.3240936https://doi.org/10.1145/3240925.3240936
3. Panicker, A., Basu, K., & Chung, C. F. (2020). Changing Roles and Contexts: Symbolic Interactionism in the Sharing of Food and Eating Practices between Remote, Intergenerational Family Members. Proceedings of the ACM on Human-Computer Interaction, 4(CSCW1). https://doi.org/10.1145/3392848