

What Food Gaming for Active aGeing is about ?

FA4AG aims at promoting good nutrition habits among seniors by proposing innovative game solutions to explain the basic rules for a good nutrition and a healthy life-style. The gamification dimension will at once boost seniors' motivation to learn more about well eating and promote ICT use among older people.

A **nutrition guide** will be available for all seniors, in order to learn more about good nutrition habits. The learning dimension will be strengthened by the **Nutrition Games Platform** that will host the nutrition games and will be specifically tailored on seniors' needs in terms of usability and acceptability.

These 2 tools are the main results of the project, which the consortium will co-design taking into consideration the real needs of seniors. In fact, they have been involved since the very beginning of the project and they will test and validate the main outputs.

FG4AG is carried transnationally in order to share different views and build common knowledge of balanced nutrition based on habits from different parts of Europe. Indeed, the partnership is composed by Mediterranean countries and northern countries. Moreover, nutrition is an issue affecting all countries and raising awareness on balanced diets is a common challenge taken over by all European countries.

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Food Gaming for Active aGeing (FG4AG)



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What FG4AG will do ?

- **State of the art report** underlines the best practices and the needs of the target groups on four countries: France, Italy, Spain and United Kingdom;
- A report with the results of the **co-creation sessions** in three countries: France, Spain and United Kingdom mobilizing over 30 seniors;
- A comprehensive **educational program** on the project website, based on the needs of senior users and produced with the assistance of nutritional professionals and researches;
- A platform offering interactive and educational games about nutrition: **The Nutrition Games Platform**
- The **website** of the project hosting all the main results and outputs;
- The **Facebook page** of the project and various dissemination materials

Kick-off And Beyond

On March 3rd 2020, the kick off meeting of the project meeting took place in Paris, France in the E-Seniors' premises. All partners have successfully completed the first phase of the project and presented a summary of their analysis, in the framework of the IO1.

This 1st Meeting had the following objectives:

1. Introduction of the partners;
2. Revision of global project scope, tasks, objectives, outputs and responsibilities;
3. Presentation of the project's main management and financial rules:
 - 3.1. FG4AG Gantt chart
 - 3.2. Reporting
4. General review of the partnership's dissemination plan and strategy;
5. Discussion on project's logo and website;
6. Quality Plan and Risks management;
7. Presentation of the main results from Intellectual Output1;
8. Launch of the Intellectual Outputs 2 and 3:
 - 8.1. Planning the Co-Creation Sessions
 - 8.2. Discussion on Nutrition guide

It was a very successful meeting and the all objectives were reached.



Coming Next...

- Within the next few months, partners from France, Spain and UK will organize co-creation sessions with at least 10 persons in each country using Story board and Cultural digital probes tools
- Production of the Nutrition Guide
- The 2nd Consortium Meeting was scheduled to be held in Abertay, Scotland on September 3rd 2020.

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