



Problema e soluzione *Problem and solution*

Researches say that 46 % of people eat at least two meals alone per day. Because people couldn't find time to eat together and socialize. It is hard to determine a proper time which fits everybody. Analysis of a survey of about 8,000 adults by Oxford Economics and the National Centre for Social Research for Sainsbury's suggested eating alone has a stronger link to being unhappy than any other factor except mental illness. And some studies have suggested the eating alone might be linked to problems including depression, a blockage of blood supply to the heart, obesity and having metabolic syndrome: a combination of conditions such as diabetes and high blood pressure.

EatingMeeting is the solution.

This project focus on the idea of eating as a social activity. Food has always been the central part of the people life is an expression of love, friendships, and happiness. Nowadays, food and social interaction are deeply interlinked, so we want to offer the possibility to improve this side of food. Moreover, another research from the University of Oxford has revealed that the more often people eat with others, the more likely they are to feel happy and satisfied with their lives. Consequently, this project allows users to eat together, share the time and be happy together.

Obiettivi *Objectives*

- Creating and reinforcing social relationships around food
- Gain profit by increasing the number of users of the application
- Helping people who are alone to find friends to eat together, socialize and share the time
- Promote socializing aspects of food which is not only nutrition source.

Impatto *Impact*

The application has a strong social impact that brings people together and gives them the possibility to share time and become friends.

Previous studies have found that people who tend to eat alone may be lonely, socially isolated and more likely to choose unhealthier foods, eat fewer fruits and vegetables and eat at irregular times. Therefore, by decreasing the psychological and physical health effects of eating alone and the larger problem of loneliness, we try to help people to socialize via EatingMeeting app.

And also using this application to find people and eat with others encourages several activities and situations, which can be sources of pleasure, building the conditions for sociability.

Sviluppi futuri *Future Plans*



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Our next goal is to test the prototype, improve our application, conduct a survey with users to observe users' responses and weaknesses of our applications, and to solve them.