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# Tech Talk: Easy Meal-Time Tech

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Smart Cooking Made Simple: Easy Tech Tools for Easier Meals

# Why Use Tech for Meal Time?

- Cooking can be overwhelming — especially with:
    - Busy schedules
    - Dietary needs
    - Memory or focus challenges
  - Technology helps:
    - 🧠 Reduce decision fatigue
    - 🛒 Organize grocery lists
    - 🔍 Guide you step-by-step in the kitchen
    - 📱 Remind you when it's time to prep or eat
  - 📌 Small tools = big support for daily nutrition and independence.
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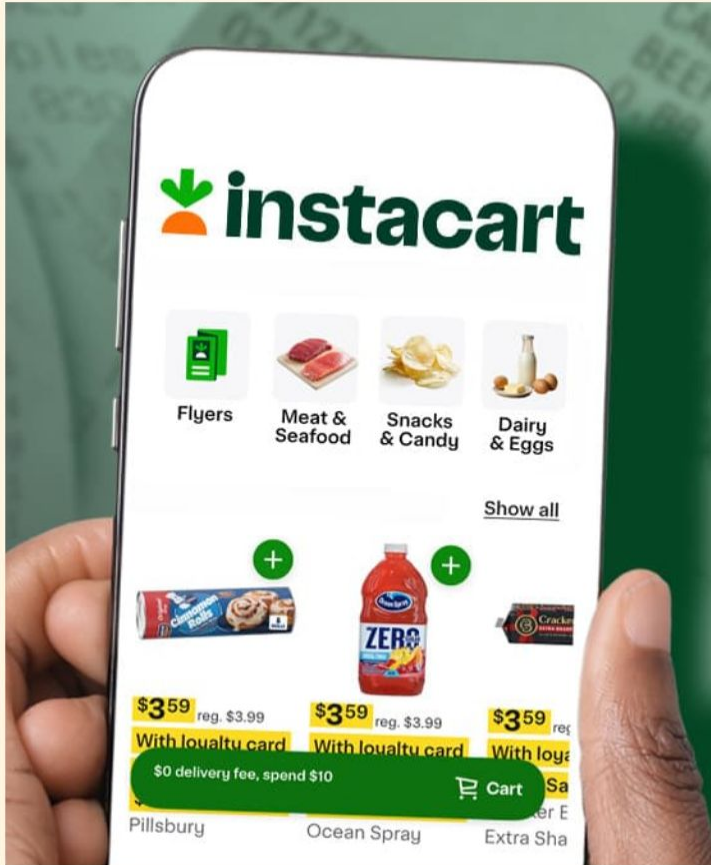
# Meal Planning & Recipe Apps

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App	Key Features
<b>Mealime</b>	Simple weekly meal plans, 30-min recipes, grocery lists
<b>Yummly</b>	Voice-guided recipes, smart ingredient suggestions
<b>Whisk</b>	Save recipes from anywhere, generate shopping lists
<b>Paprika</b>	Recipe organizer + meal planner + grocery app in one

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📌 Great for people who want to plan meals in advance or cook based on what's in the fridge.



# Grocery Shopping Simplified

- Instacart / Walmart / Amazon Fresh: Order groceries online and have them delivered
- Cozi / AnyList / Google Keep: Shared shopping lists with real-time syncing
- AI tools:
  - ChatGPT: “Give me a grocery list for 5 days of 30-minute meals under \$50”
  - Google Assistant: “Add milk to my shopping list”

📌 Tech helps you shop smarter, reduce food waste, and avoid repeated store trips.



# Smart Kitchen Gadgets

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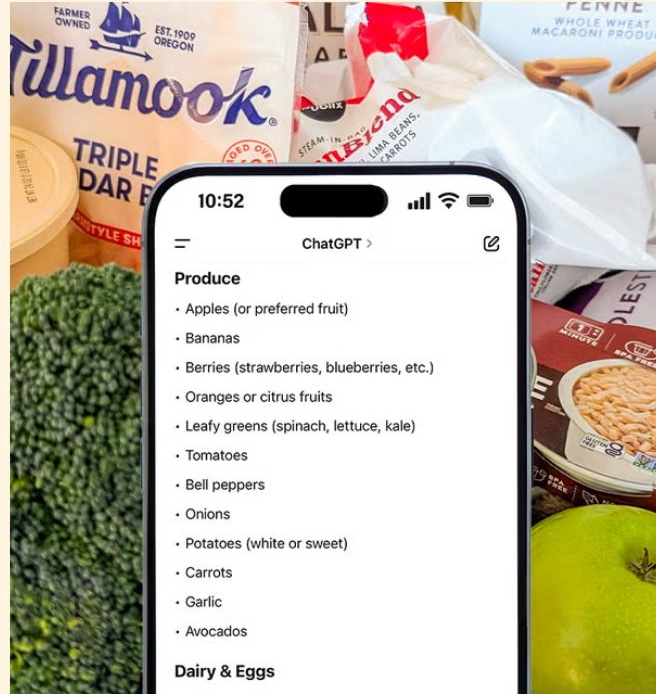
Device	What It Does	Example Brand
<b>Smart Display</b>	Show step-by-step recipes, timers, videos	Google Nest Hub, Echo Show
<b>Smart Microwave</b>	Scan-to-cook, voice control	Amazon Smart Oven
<b>Instant Pot (with app)</b>	Smart pressure cooker with guided recipes	Instant Brands Connect
<b>Talking Thermometer</b>	Speaks temperature out loud	ThermoWorks ThermoPop
<b>Bluetooth Timers</b>	Accessible via phone or voice alert	Govee Kitchen Timers

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📌 Gadgets can support users with vision loss, ADHD, physical disabilities, or just busy hands.

# AI Tools for Meal Planning

- ChatGPT / Gemini / Copilot: Try prompts like:
  - “Plan 3 dinners using chicken, broccoli, and pasta”
  - “Make a simple vegetarian meal plan for 4 days”
  - “Give me a recipe that only uses a microwave”
- Can also:
  - Adapt recipes to allergies
  - Suggest substitutions
  - Create meal-prep schedules
- 📌 Use AI to brainstorm when you’re too tired to decide.



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- Tech supports:
    - 🧠 Memory (reminders, timers, visual steps)
    - 👤 Hearing (visual cues, captions)
    - 👁️ Vision (screen readers, talking gadgets)
    - ♿ Mobility (hands-free voice control, simplified steps)
  - Tools:
    - Alexa or Google Home to read recipes
    - YouTube cooking videos with closed captions
    - Adaptive utensils and cutting boards for dexterity

📌 The kitchen should work for every body — and tech helps bridge the gap.



"Alexa, ask Allrecipes what can I make with leftover chicken"



# Cooking & Meal-Time Accessibility

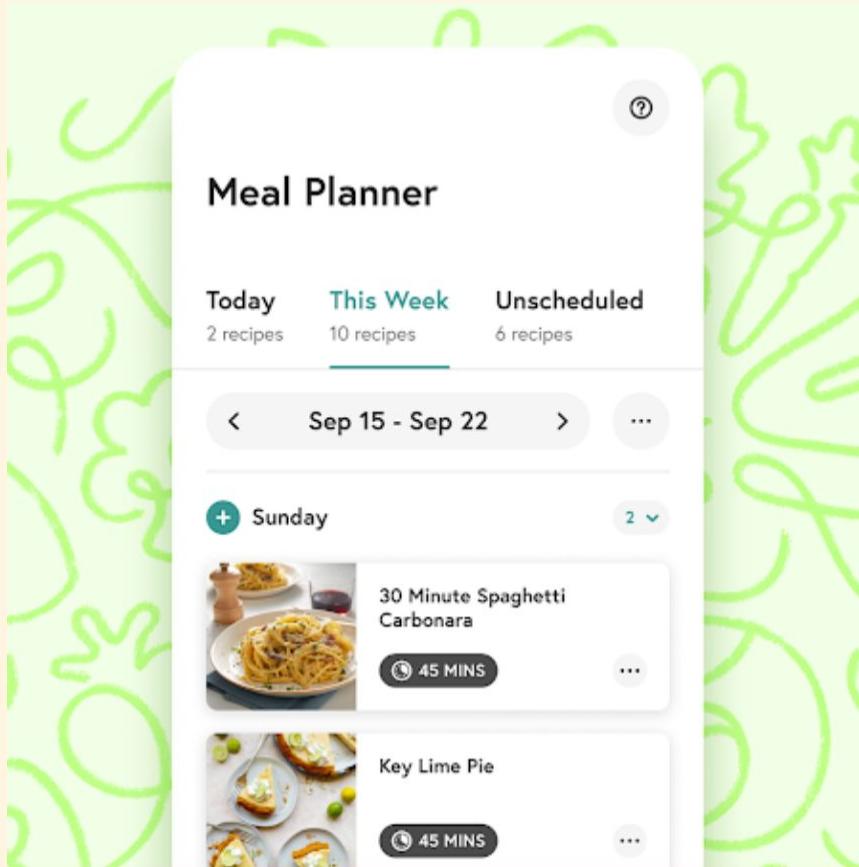


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- Meal Kits (you cook):
    - HelloFresh, EveryPlate, Blue Apron
    - Easy instructions, pre-measured ingredients
  - Heat & Eat (pre-made meals):
    - Factor, Freshly, Territory
    - Great for low-energy or post-surgery periods
  - Local options: Community meal delivery, grocery box services
- 📌 These services reduce prep, planning, and decision-making.

# Meal Delivery & Subscription Services

# Smart Reminders & Timers

- Use Alexa / Siri / Google Assistant:
  - “Remind me to take the casserole out at 6PM”
  - “Set a 20-minute rice timer”
- Use visual timers or apps with progress bars (e.g., Time Timer)
- Helpful for:
  - ADHD, brain fog, memory loss, multitasking
- 📌 Set it and forget it — until the tech reminds you.




# Safety Tips for Smart Cooking

- ⚡ Plug devices into smart outlets with surge protection
- 🗝️ Use parental or user safety locks where needed
- 🔄 Update apps and devices for latest features and bug fixes
- ✅ Keep Wi-Fi secure for connected appliances
- 🧯 Always keep fire safety tools accessible (smart doesn't mean invincible)



# Final Takeaways

- Meal-time tech helps with:
  - Planning meals
  - Making shopping easier
  - Cooking with confidence
  - Staying independent and safe
- Start with:
  - A meal planner app
  - A smart display or voice assistant
  - One new recipe + a digital timer
  -  Whether you're cooking solo or supporting someone else — smart meal tools make it easier.



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# Thank You

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- Open Sauce 25



**Klemer Display 28**