The Connected Health and Wellness Project (CHWP) is a collaboration of 19 public, private, and academic partners and affiliates who share a common vision for the future of healthcare. CHWP’s driving premise is that transforming Canada’s healthcare system means rapidly adopting a more people-centered approach to healthcare delivery: one that is focused on enhancing life-long wellness through improved access to trusted health information, health coaching and technology advancements that sustain wellness.

George Brown College joined this innovative multi-intuition project, coordinating with Seneca College to develop media based on the recipes that can be integrated with the overall Connected Health & Wellness Platform, collaboration project between NexJ Systems Inc. and York University. NexJ Systems Inc. is a Canadian company that specializes in Customer Relationship Management solutions for the finance, insurance and healthcare industries.

The research team, made up of George Brown students and faculty, chose recipes that families across Canada already love—like macaroni and cheese, beef enchiladas and stuffed red peppers—and made them healthier. By changing just a few steps and ingredients, the recipes have reduced the salt, fat and sugar content without changing the taste.

To date, the research has produced a slew of media to support the initiative: motion graphic recipe videos, a recipe booklet (available in both digital and print forms), food photography, live-action interactive cooking shorts and a web platform optimized for desktop and tablet. The 72 recipes developed by the team span four courses (entrees, desserts, sides/appetizers and snacks) and four ethnicities.

The high production, live-action cooking shorts was filmed in the Health eHome at George Brown College’s Waterfront Campus. 20 videos were filmed in total—12 recipes and 8 tip videos—and most of the students in the videos were also involved in the recipe development: Culinary Management-Nutrition students Jean Niravong, John Lai, Luis Gonzalez, and Jasmin Yeung each took a turn as the featured chef, supported by host Renee Hache, a graduate of George Brown’s acting program.

A second phase of video production added 14 additional videos for appetizers and sides.

The cooking videos premiered at George Brown Applied Research Day on October 25, 2013. The Honorable Gary Goodyear, Minister of State for the Federal Economic Development Agency for Southern Ontario (the primary funder) was on hand to introduce the videos.