

## **Food Allergy Cookbook**

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### **Project Summary**

My intent was to create a cookbook composed of recipes submitted by my children with food allergies. I worked with the MGH and Michigan Food Allergy Centers, I also posted on social media. There was both an online form and paper copy where people were invited to submit recipes.

### **Action Items/Outcome**

Unfortunately I only received 1 recipe submission which makes for a pretty short book.

### **Conclusion/Reflection**

I think this project for me was a reminder of some of the reasons projects fail. I presented this project to physicians and nurses in both food allergy centers who were excited about the idea and happy to disseminate the information to patients and families. I also spoke to friends with food allergies and some of the patients and their families who also seemed enthusiastic, yet when it came down to actually receiving recipes this enthusiasm didn't translate into anything. In reflecting on this I wish I had a better sense of where this breakdown happened. Whether it was that I was asking for too much and creating too much work for the parents/patients. Whether the form was not sufficiently user friendly? Whether people were not actually hearing about it? I think it was a reminder that we don't always have access to the feedback that would be useful in completing a project and also a reminder of how important it is to seek feedback.