

# SCENARIO 1: PEARL

Pearl is a senior citizen who lives alone in an apartment and is on a fixed income. It's hard for Pearl to fix meals because cooking for one person is a lot of work and there is too much food left over. Usually, she eats a bowl of cereal with milk for both breakfast and dinner. Lunch is a cheese sandwich and a piece of fruit.



# SCENARIO 2: WANDA

Wanda is a single mother with a 3-year-old. She cares for her child during the day and works a 2<sup>nd</sup>-shift job at a local restaurant. She is often tired, but doesn't like coffee, so she drinks 3-4 sodas a day. She would like to get more physical activity, but finding time to exercise is difficult because of her work schedule and having to care for her young child.



# SCENARIO 3: JAMES

James has two children, ages 12 and 8, and he helps care for his aging father. His wife works full-time and James runs the household when he is not working his part-time job in construction. James' kids regularly snack on potato chips and play video games, though he would like them to eat healthier foods and get more activity. He also wants to serve meals that meet the needs of both his children and his aging parent.

