Supplementary Table 2. Process and contents of community-based cooking activities (the Social Kitchen)

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| Session | For Enhancing Cooking Skills | For Enhancing Social Network |
| 1 | • Introducing nutritional facts about pork  • Providing cooking skills for grilled meat dishes  • Cooking pork with group members  • Showing-off and eating the dishes together | • Introducing group members to each other  • Sharing experiences of today’s activities  • Encouraging to invite family, friends, and neighbors to the next session |
| 2 | • Introducing nutritional facts about mackerel  • Providing cooking skills for fish fillet  • Cooking mackerel with group members  • Sharing and eating the dishes together | • Sharing experiences of today’s activities  • Encouraging membership  • Encouraging to invite family, friends, and neighbors to the next session |
| 3 | • Introducing nutritional facts about chicken  • Providing cooking skills for chicken dishes  • Cooking chicken with group members  • Sharing and eating the dishes altogether | • Sharing experiences of today’s activities  • Encouraging to invite family, friends, and neighbors to the next session  • Introducing useful resources for older adults in Jung-gu community |
| 4 | • Introducing nutritional facts about beans  • Providing cooking skills for tofu dishes  • Cooking tofu and beans with group members  • Sharing and eating the dishes together | • Sharing experiences of today’s activities  and healthcare plan in the future  • Encouraging membership  • Providing certificates for completion of the Social Kitchen program |