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 activitiesand healthcare plan in the future• Encouraging membership• Providing certificates for completion of the Social Kitchen program  |