
Eating sociabilities of the elderly in France: the case of shared meals and culinary workshops out-of-home

PhD :

Sonia BOUIMA

Preview :

The food sociability of the elderly is now a major public health issue for the French public authorities, driven by a part of civil society that contributes to its core. Since the beginning of the 2000s, France has witnessed a proliferation of local initiatives using food as a lever for "aging well". The structures that carry them often share the same objective: to fight against undernutrition, the isolation and the solitude of the elderly, which are generally associated risks. The conviviality and the pleasure that the preparation and/or the shared consumption of the meal are supposed to bring thus became one of the favored modes of intervention of the actors working to help this population. The scientific objective of this research is to analyze the implementation at a local level of national recommendations regarding the nutrition of elderly people living at home. It is based on the description and comparison of three structures each proposing a culinary workshop and an associated shared meal. This research leads us to grasp the different logics of action of the actors involved (participants, professionals and volunteers, funders) as well as the social mechanisms at stake around the cooking/dining together. The operational objective of this research is to provide the project leaders and the actors on the ground with key understanding allowing them to better adapt the social actions to the different contexts of intervention.

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[Next thesis defense - September 4th, 2020](#)

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