

Abstract

The research on Enhancement of Community Capability in Development of Healthy Food Recipes by Using Local Produce aims at investigating community local wisdom on healthy food, providing the community with knowledge on nutrition, how to cook healthy food, development of local and Thai recipes as well as producing a recipe book for community use and general people.

The study is operational research with community participation of Ban Pa Phai, Tambon Mae Pong, Amphoe Doi Saket , Changwat Chiang Mai. The initial phase begun with identifying community development problems in order to enhance the community capacity for example housewise catering. The research team has expertise in community food, vegetables and nutrition knowledge. The focus is on the need and readiness of housewife groups to developed food recipes as a data source for launching an activity of food recipe development as well as understanding hygienic food cooking emphasizing local healthy food available in the community.

The researchers conclude that Pa Phai Community still clings to local food, such as kang-oom-nhua, kang-pak-kad-khiew, num-prik-dang, jor-pak-kad, kua-nhor-mai, Tum-kanoon/tum-tua-tuk-taw, yum-chin-kai, saa-pak moo-hum/hor-nung-moo, while mangoes and kaotommud are their favorite fruit and dessert. Base on local ancestral wisdom of fertility and nature is adapted to fit contemperaring circumstances. The researchers and housewife group worked together on development of 34 local food recipes with nutrition table. During the activities, a small group from the housewife group was assigned to run a catering business to expand the research finding by focusing on local food made from materials available in the community. This also helps the households in the community to sell their chemical-free products and a home garden and earn supplementary income, enhancing strong community where people can depend on one another. We found that the activity with community involvement, such as a local wisdom seminar resulted in enhanced community awareness of healthy local food consumption. The local food competition encouraged the community to display its potential as a whole and to increase awareness of the importance of consumption of local food as local wisdom.