

Lunch Buddies: Establishing Lunch Time Connections through a Categorical Matchmaking App

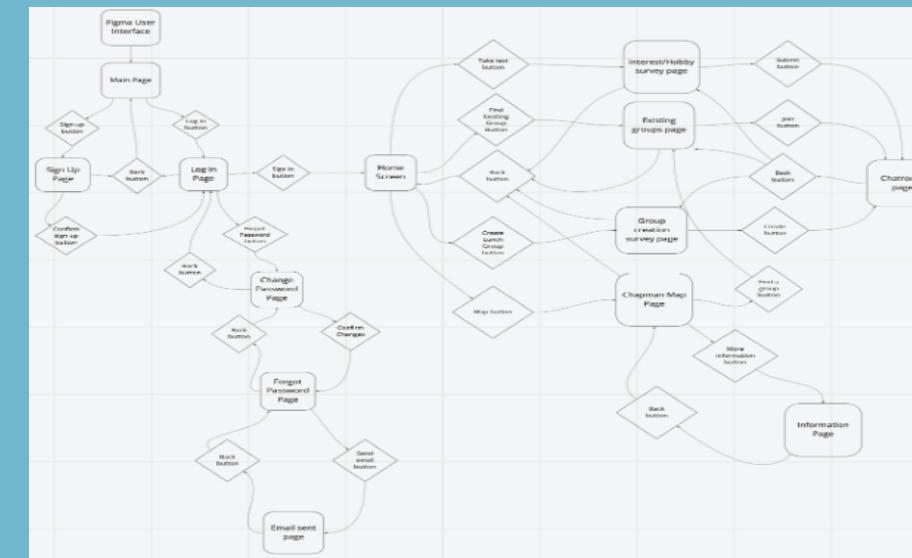
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Our Goal:

Lunch Buddies seeks to end lunchtime loneliness and stress commonly associated with school-time lunches. We have developed an app that brings students together to facilitate activities and conversations that will help many students in the United States develop their social skills and meet new friends in an unfamiliar environment!

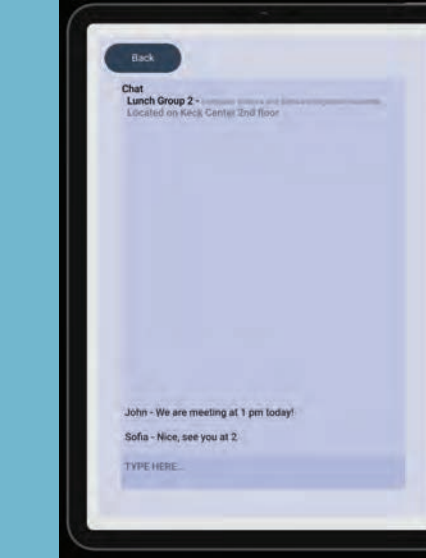
Methods: Mind-Map

Brainstorm Tool: allowed our team to organize our ideas.



Figma

User Interface Simulator: We looked at other existing apps to see what we liked and didn't like about them and how we can incorporate certain features into our own app.



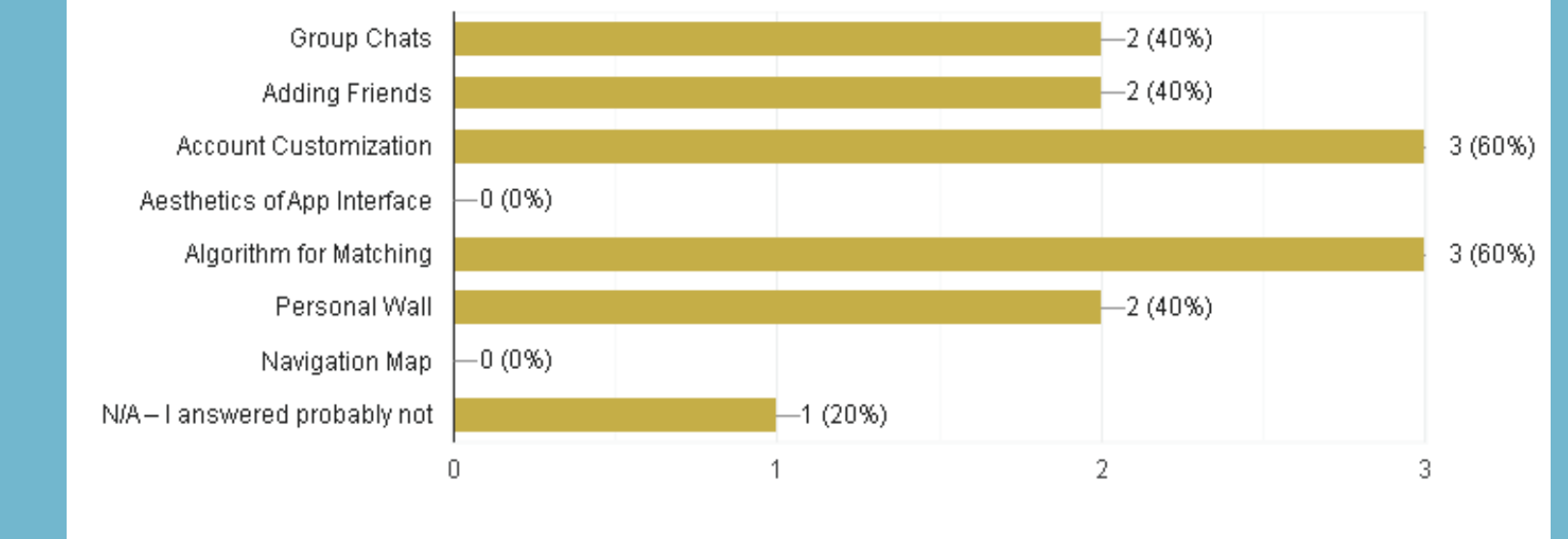
React-Native

Coding UI software: Our final step was the React-Native code writing section where we coded our prototype into existence. The code is in JavaScript using Reacts library of tools.

```
1 import React from 'react';
2 import { Provider as PaperProvider, Text } from 'react-native-paper';
3 import { LoginScreen } from './components/screens/LoginScreen';
4 import { RegisterScreen } from './components/screens/RegisterScreen';
5 import { Home } from './App.js';
6 import { NavigationContainer } from '@react-navigation/native';
7 import { createStackNavigator } from '@react-navigation/stack';
8
9 const Stack = createStackNavigator();
10
11 const App = () => {
12   return (
13     <PaperProvider theme={Theme}>
14       <NavigationContainer>
15         <Stack.Navigator>
16           <Stack.Screen name='Login' component={LoginScreen} />
17           <Stack.Screen name='Register' component={RegisterScreen} />
18         </Stack.Navigator>
19       </NavigationContainer>
20     </PaperProvider>
21   );
22 };
23
24 export default App;
```

User Survey

Google survey: Allowed us to improve upon our app user interface aesthetics by gathering feedback from people who would use the app. "What features are most important?"

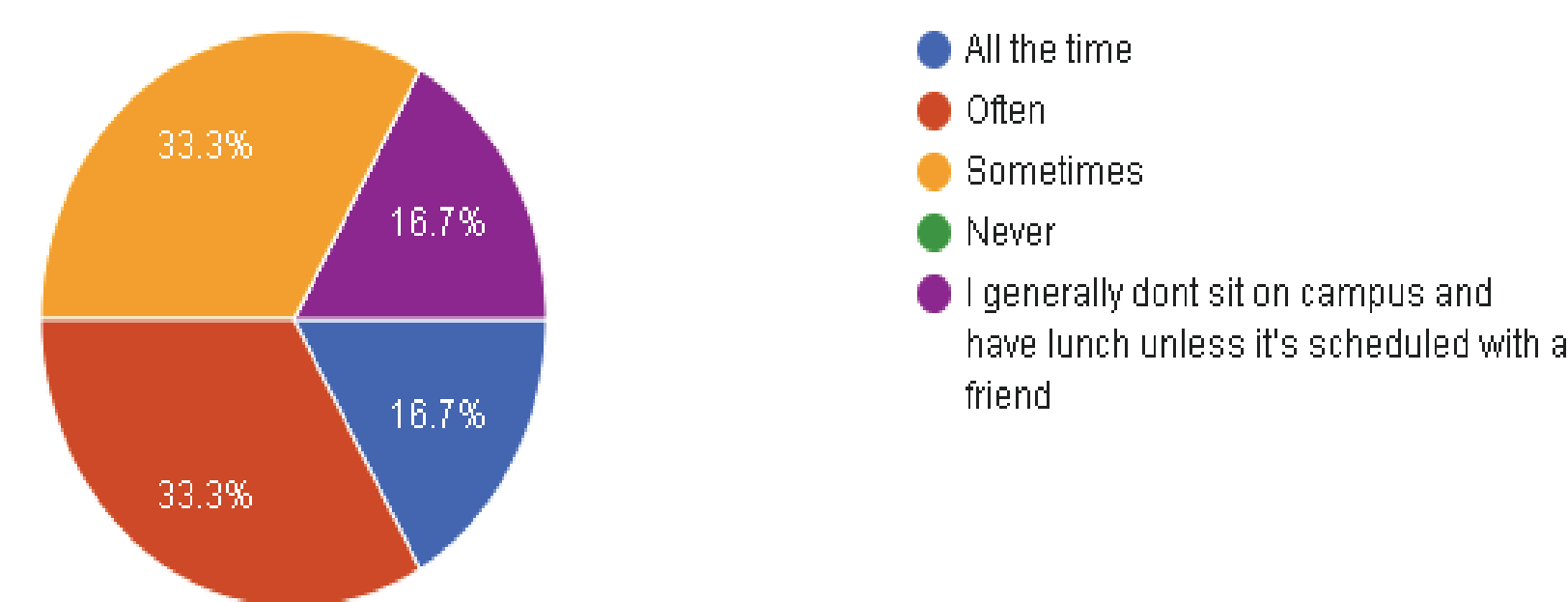


The Purpose:

Lunch Buddies was created to combat lunchtime loneliness commonly experienced by many individuals in college and beyond. Most people want to feel as though they belong and eating lunch with others encourages that feeling and improves mental health.

The data supports our claims. A study showed that having lunch with someone, rather than eating alone, is incredibly beneficial to mental health in adolescents (Hinton, 2018). The social connections adolescents are able to form by eating with each other greatly improve their sense of belonging. This is important because studies show that social connections are arguably the "most important predictor of psychological well-being" in young adults (Badri et al. 2021). Therefore, an app that assists students in finding someone to eat lunch with could have significant positive effects on mental health.

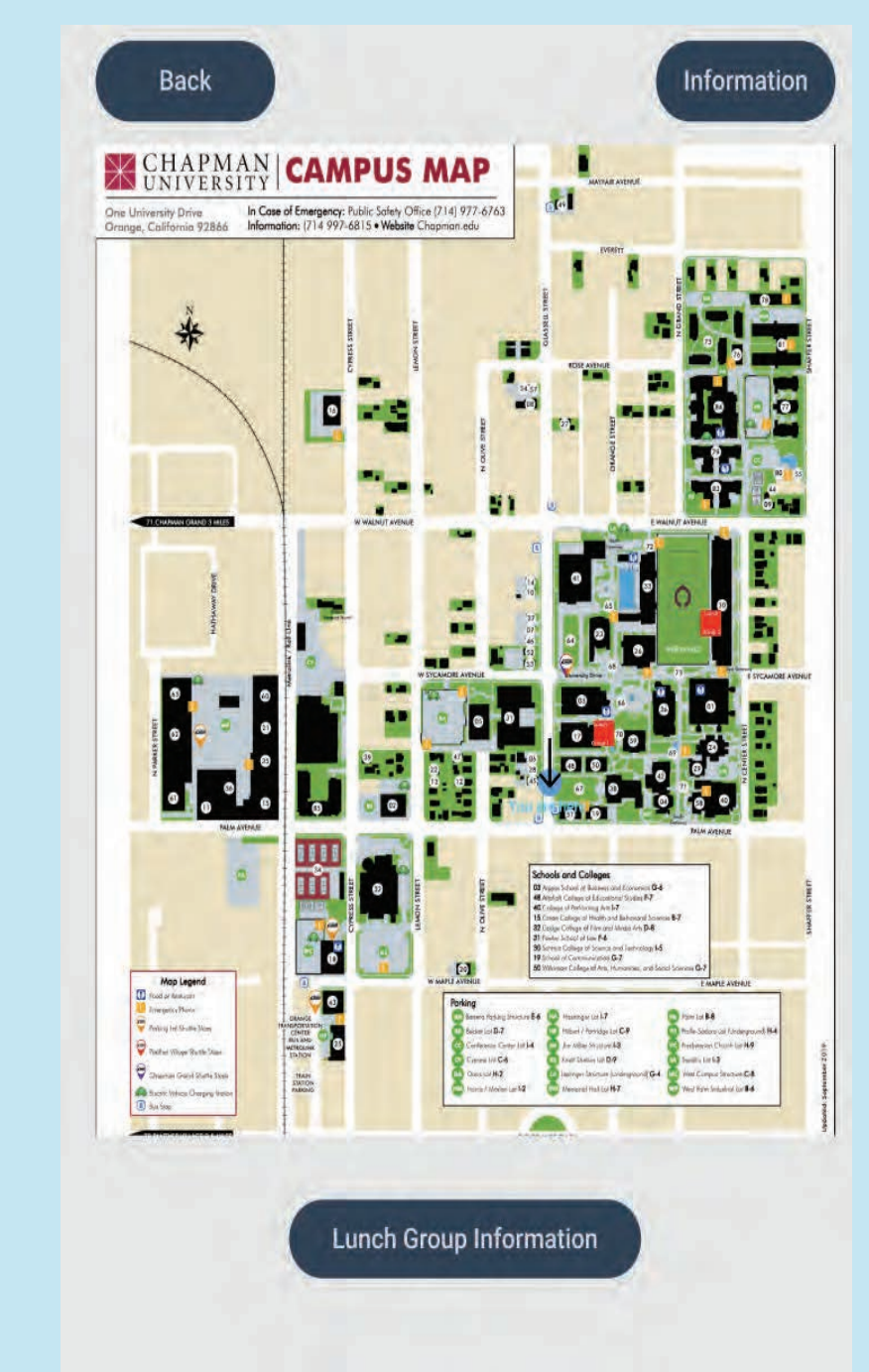
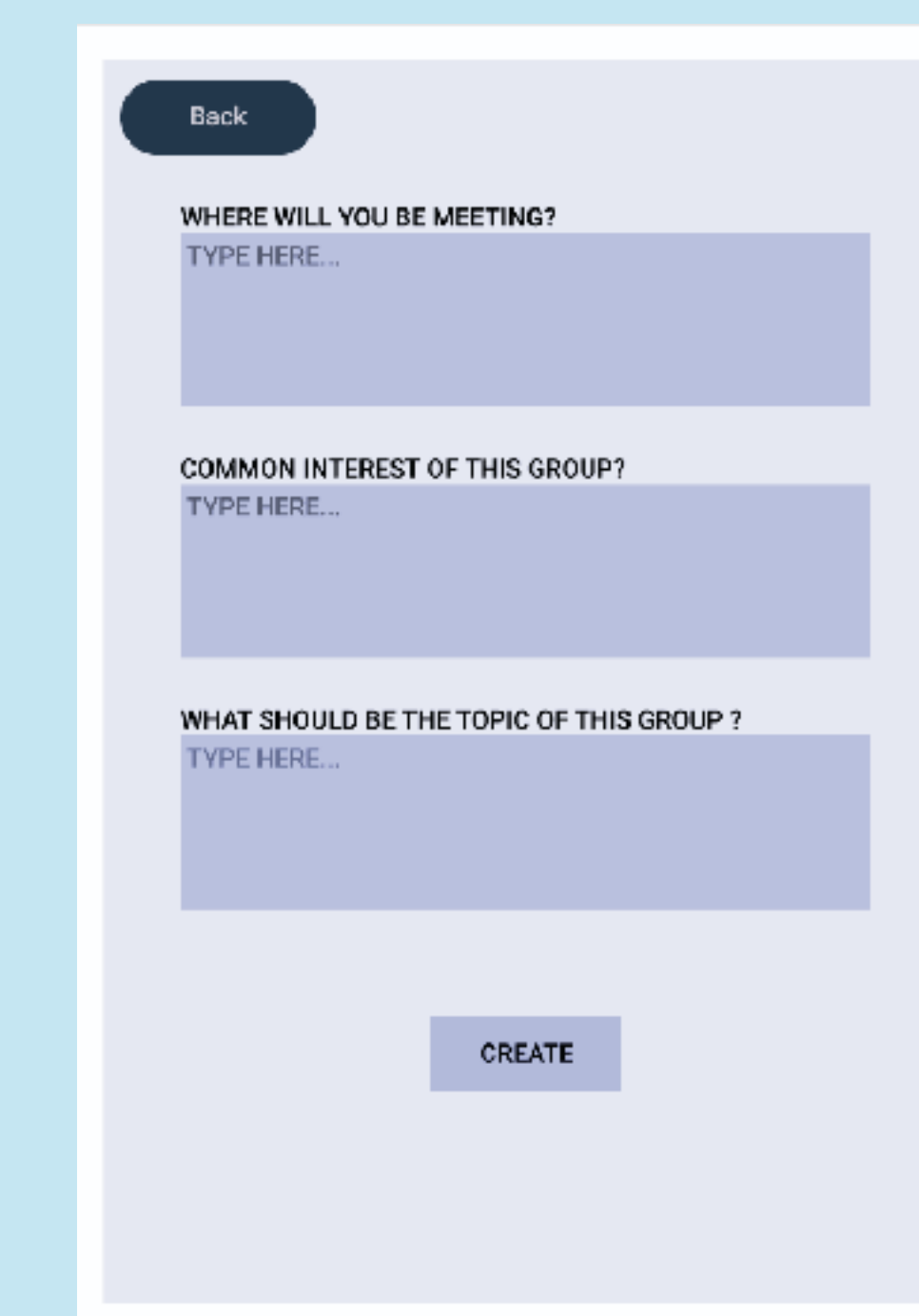
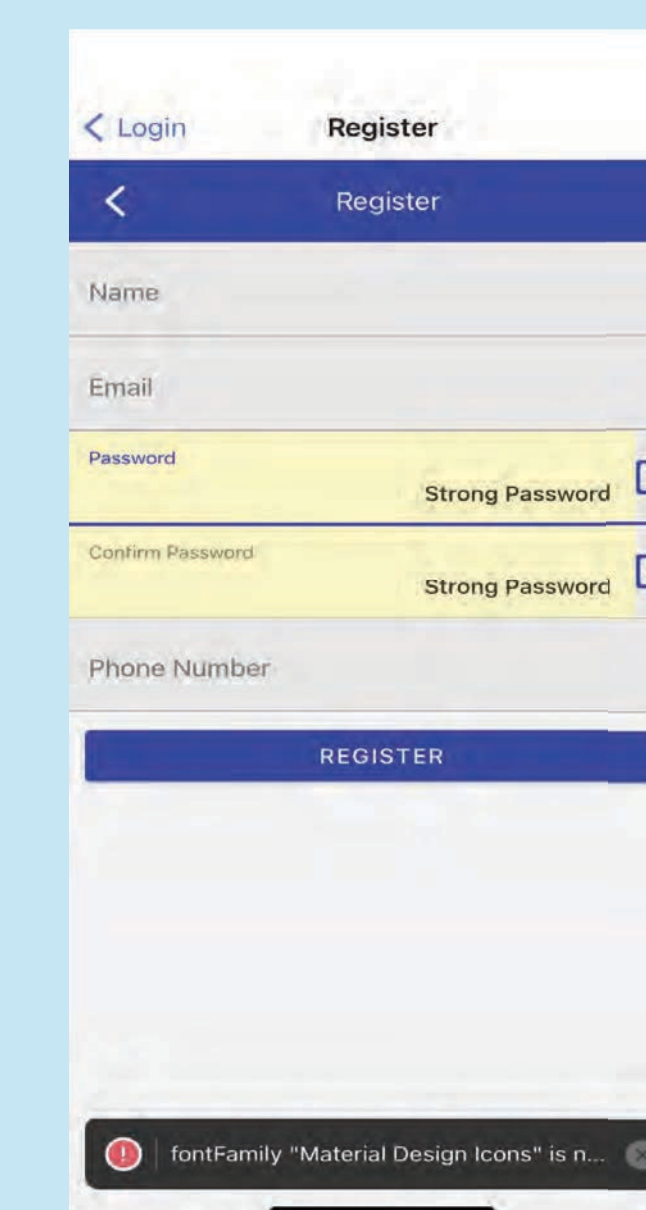
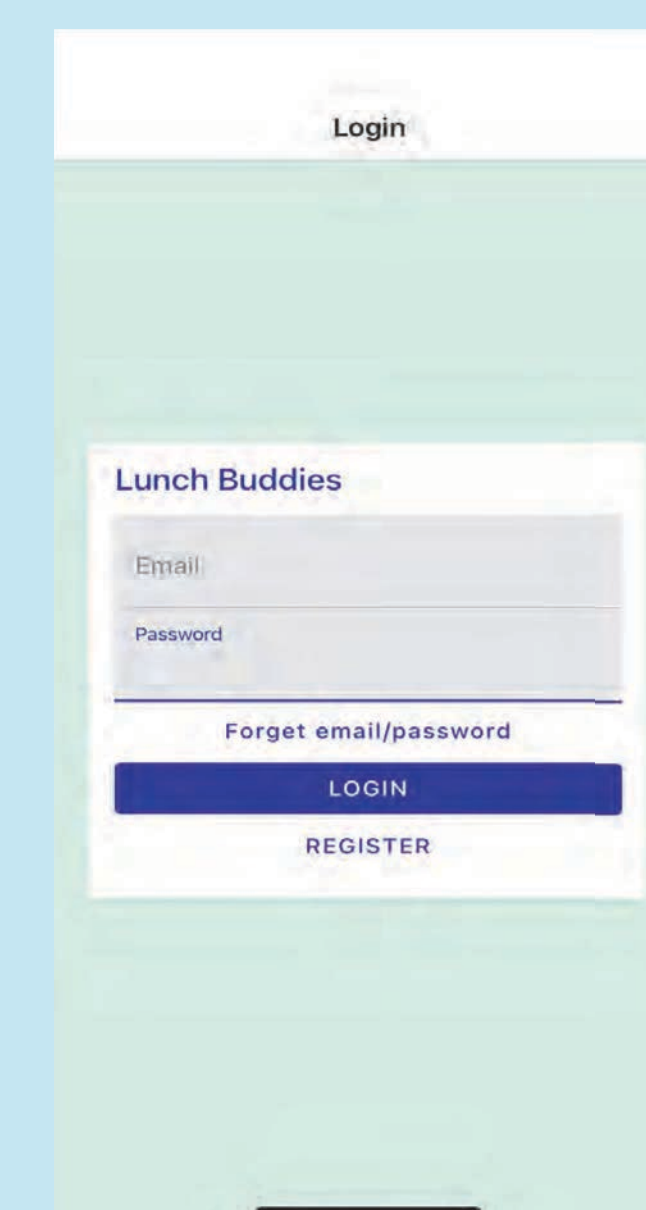
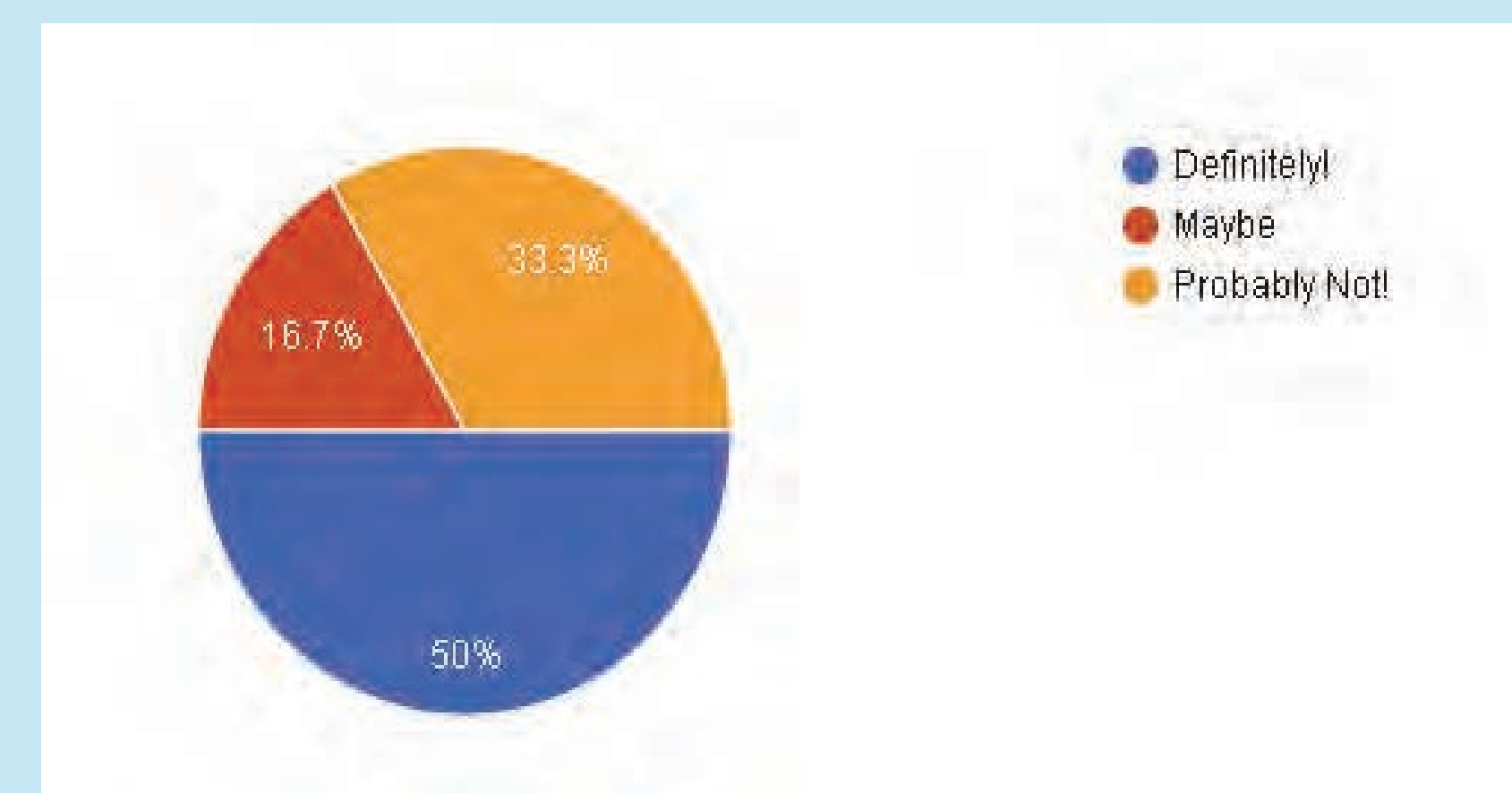
When asked, "How often do find it hard to connect with or sit down with someone at lunch?"



Most of the time people find it difficult to eat lunch with others and that is what makes Lunch buddies necessary.

Process Results:

Lunch Buddies was developed with the user in mind. That being said, there were many tools we utilized to form our app. One vital tool we used to gauge the interest of our ideas was a Google-forms survey. A question we asked was, "If there was an app that allowed you to meet up with random students with similar interests for lunch - would you use it?"



Acknowledgements and Literature Cited:

Badri, Masood, Mugheer Al Khaili, Muna Al Bahar, Guang Yang, Georgina Reynhout, and Asma Al Rashdi. 2021. "Social Connection and Self-Perceived Depression Among Adolescents: A Path Analytic Model for Abu Dhabi." Journal of Child and Family Studies 30 (1): 146-57. <https://doi.org/10.1007/s10826-020-01891-2>.
Hinton, Anna Elisabeth. 2018 "Lunchtime Experiences and Students' Sense of Belonging in Middle School," 70.