

Good Food for Life!

Supporting Dietary Change in Young Survivors of Breast Cancer



If you are a young woman with breast cancer living on your own, preparing food for yourself during your treatment may be a real challenge. If you have a family, you are probably worrying about feeding them as well as yourself. We would like to help.

Good Food for Life is a program for young survivors of breast cancer diagnosed prior to menopause and finished treatment within the last three years. The program supports lifelong dietary changes because eating a healthy diet, high in fruits and vegetables, is universally accepted as being beneficial to overall health and wellness.

The **Good Food for Life** program offers young breast cancer survivors an opportunity to experience food on all these dimensions. Participants can attend workshops on healthy cooking. The program will also offer social and interactive hands-on food skills; personal reflection and mindful eating; the opportunity to be connected to local food sources; and interactive discussions about key issues related to food and the environment.

What you'll learn:

- Vegetables: Discover the Rainbow
- Bumping up Your Fruit
- Grains - The Good Carbs
- Beans and Legumes
- Fibre for Fitness & Disease Reduction
- Getting the Right mix of Protein: Meats, Fish & Vegetables
- Choosing Calcium Rich Foods
- Convenience and Packaged Foods: Choosing Wisely
- Fear of Frying - Friendly Fats
- Fun Foods: is there room for them in a good diet?
- Eating well, personal reflection and mindful eating

2007 Sessions

Sessions 1 & 2: Mondays

April 2, 16, 23, 30, May 7, 14, 28, June 4

Morning session: 10 - 1 pm

Evening session: 6 - 9 pm

at Loblaws Queens Quay,

10 Lower Jarvis Street, Toronto

Session 3: Fall 2007, dates and location to be confirmed

If interested, contact: **Sandra Flear, Project Coordinator**

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www.foodshare.net