

**The Survivorship Chef:  
Healthy Nutrition and Cooking Classes  
For Cancer Survivors and their friends and family!**

6 week series



**Tallahassee Memorial  
Cancer Center**

Affiliated with the H. Lee Moffitt  
Cancer Center & Research Institute



**Location:** The TMH Diabetes Center, 1981 Capital Circle NE

**Time:** 6 to 7:30 p.m.

**Taught by:** Marilyn Buck, RD of Tallahassee Memorial Hospital and Jill Welch, whole foods educator and proprietor of "The Kitchen Goddess" [www.thekitchengoddess.org](http://www.thekitchengoddess.org)

**Cost:** \$15 a class

Scientists continue to study the link between cancer and diet. So, good nutrition is very important for cancer survivors! These hands-on nutrition classes are for cancer survivors and their families to come and learn the facts about good nutrition and eating for cancer prevention and EASY food preparation skills. Marilyn, the TMH dietician who consults in our Cancer Center will teach nutrition. She has tips to stay healthy and maintain a healthy weight and the evidence-based scientific knowledge to answer your questions about nutrition and diet. After Marilyn teaches, Jill will show us how to cook foods which highlight Marilyn's nutrition topic. Some foods will be familiar, and some brand new. In any case, familiar or brand new taste, this class will be lots of fun. *Note: This series is not designed for treatment related eating issues.*

Please **make reservations** by the Tuesday before each class so that we can have enough food for everyone. Call 431-ICAN (4226) to register or register on line at [www.tmh.org](http://www.tmh.org) by selecting the "Classes and Events" tab on the left. The number of participants is limited, so please register early!

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|-------------------------------------|---|--|
| April 15 <sup>th</sup>              | Teaching on <b>Fat and Low fat foods</b>  | Jill will show us a whole new flavorful world as we embark on an "oils tasting" such as flaxseed oil, borage, primrose along with tasty vegetables. We'll discover which oils taste best drizzled over rice or quinoa.               |
| April 22 <sup>nd</sup>              | Teaching on <b>Fruits and Vegetables</b>  | Fruits and vegetables have never tasted better as we make and taste Jill's delicious "Green Smoothie". Each smoothie has 5 vegetable/fruit servings!   |
| April 29 <sup>th</sup>              | Teaching on <b>Meat vs. Vegetarian</b>  | Protein in our diet is essential, but not all protein must come from meat. We will explore plant based protein. Jill will teach us about tofu and tempeh, two other great protein sources.   |
| May 6 <sup>th</sup>                 | Teaching on <b>Whole Grains</b>   | Jill will teach us her famous quinoa salad; and tonight, she will also introduce us to the world of fermented vegetables.  |
| <b>Skip</b><br>May 13 <sup>th</sup> | <b>No class tonight</b><br>Come to our Speaker Series for Cancer Survivors this evening | 7:15 pm at Premier Health and Fitness Center - 2 pharmacists, Philip Treadwell, Pharm.D. from TMH and Angela Singh, Pharm.D from FAMU College of Pharmacy, will give us "The Scoop on Nutritional Supplements for Cancer Survivors." |
| May 20 <sup>th</sup>                | Teaching on <b>Dairy and Dairy Alternatives</b>   | Jill will introduce us to yummy almond milk, and we can sample kefir and yogurt, perhaps some will even venture into <i>goat</i> yogurt!   |
| May 27 <sup>th</sup>                | Teaching on <b>Sweet Food and discuss Sugar vs. Artificial Sweeteners</b>               | Got a sweet tooth and still want to eat healthy? Jill will stretch our world of sweets we eat as we dive into all natural sweet treats such as fruit and stevia, agave, maple syrup, honey, and more.                                |

*Many thanks to New Leaf Market for helping to sponsor this class!*