

COOKING AFTER CANCER SERIES

With Sustainable Food Center's
..... The Happy Kitchen/*La Cocina Alegre*®

In this series you will:

- Learn about foods that minimize side effects, improve appetite, and aid digestion
- Be informed of a whole foods approach to good nutrition
- Learn the significance of good nutrition as part of cancer treatment, recovery and prevention
- Learn to prepare delicious and inexpensive meals
- Discover shopping, meal planning, and cooking tips
- Have fun and meet new people!



Classes meet once a week for 1½ hours, for a period of 6 weeks. After each class, participants receive groceries for the in-class recipes. Participants must register for the entire series. We recommend the series for people who are at least 4 months out of treatment; longer term survivors also welcome. Childcare and financial transportation assistance available upon request.

WHERE: SFC Teaching Kitchen, 2921 E. 17th St, Building C

WHEN: Mondays, 6:00-7:30 PM, March 20 to April 24

REGISTER: candyce.rusk@gmail.com or 512-220-1096



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