



about foodshare

Good Food at Home is a project of FoodShare Toronto, whose mission is to work with communities to improve access to affordable and healthy food— from field to table. Through community-based programs, training and public education, FoodShare works to create a food system that fosters health, is equitable and sustainable. FoodShare promotes collective solutions to food insecurity through programs such as the Good Food Box, community gardening, urban agriculture, collective cooking, baby food basics training and the FoodLink Hotline.

the philosophy behind our food

All the food that is cooked at our Field to Table Kitchen reflects our values: our commitment to healthy eating, to the environment and to local farmers. With its balance of aesthetics and nutrition and emphasis on low-fat and vegetarian options, our program puts into practice our belief that "eating healthy" can be the same as eating well. Fruit and vegetable selections shift with the seasons so as to emphasize locally-grown produce. This means you enjoy the freshest, most nutritious food, as well as the knowledge that your food choices are supporting a viable and environmentally sustainable local agricultural economy.



Good Food

at home



*A project supporting
women with breast cancer*

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Food Share
T o r o n t o

Good Food at Home a supportive nutrition program for women recently diagnosed with breast cancer...

If you have recently been diagnosed with breast cancer, FoodShare offers a program of practical nutrition supports at a very affordable cost.¹ Whether you are alone or you have a family to care for, shopping, transporting and preparing good healthy food can be a real challenge - especially during your treatment.

Women who have been through breast cancer treatment have told us that making positive dietary changes has made them feel better and it has given them a sense of control over at least one aspect of their health (their diet). During the stressful time of your treatment, FoodShare would like to offer you some practical assistance to make this possible for you.

A Wellness Box delivered weekly to your home...

We try to make it easier for you to eat well during the challenging time of your active treatment for breast cancer. Our WELLNESS Box, is delivered once per week to your door, and contains 25-35 servings of fruits and vegetables. Every week we include a few items that have been prepared for you such as a jar of soup and some pre-washed and chopped vegetables. The produce we send to you is top quality. Whenever possible, we purchase from local Ontario farmers. You'll also find a newsletter and recipes with each delivery.

The home delivered WELLNESS Box is available for up to six months to any woman in active treatment (receiving chemotherapy and/or radiation therapy) who lives in the city of Toronto. The cost to you is \$5 per week. Program spaces are limited.

Post-treatment healthy cooking classes...

When your treatment has been completed and your energy level begins to rise, you may be interested in learning healthy and interesting ways to prepare fruits and vegetables. This is the time that many women feel especially motivated to re-build their health and connect with others who are like minded.

Encouragement and healthy food for women living with breast cancer.... from our kitchen to yours

We offer a series of five hands-on cooking classes. Chefs who have a special interest in the use of fresh and seasonal vegetables, fruits and other whole foods teach our classes. In addition to learning simple, delicious and nutritious recipes inspired by various cultural traditions, these group sessions offer participants the opportunity to socialise with others who have recently completed treatment to discuss healthy eating strategies.

The fee for five classes is \$25, which includes a meal at each class. We work in partnership with clinical dieticians who specialise in diet and cancer and we are happy to refer you to them to discuss your

individual dietary concerns. Cooking sessions are held approximately once every 3 months. Please call to find out when the next available session begins.

Ongoing community dinners...

Do you want to meet others who are interested in supporting their health with good food? Do you want to stay in touch with friends you have made at our cooking classes? Then, join us one evening per month for our peer-led community dinner program. We have all experienced breast cancer, and all of us are interested in continuing to nurture ourselves with good food and the good company of each other. We cook and share a meal together taking the opportunity to try new recipes and new foods - each of us drawing upon our own curiosity and experience. Please call to find out about attending our next dinner.

Is this program meant for me?

Although there are limited spaces, this program is available to anyone in active treatment for breast cancer (in the midst of surgery, chemotherapy or radiation therapy) regardless of income. Half the spaces in the program are reserved for those living on low incomes.² However, we recognise the financial hardship that one faces as a result of a breast cancer diagnosis, and so your income level will not prevent you from participation in the program. We can deliver to any address within the City of Toronto.

¹ This program can be offered at such an affordable cost because of generous financial support from the **Canadian Breast Cancer Foundation - Ontario Chapter**.

² As defined by Statistics Canada Low Income Cut Off guide.