



Holiday Cooking
Made Easy for
Caregivers

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ELLICSR

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ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Holiday Cooking Made Easy for Caregivers

Written by: Stephanie Gladman, Registered Dietitian & Jeremy Capone, Wellness Chef
at ELLICSR Kitchen

The holiday season is here! For many people this means meal planning, shopping, baking and entertaining. It's a fun time to share food and memories with family and friends. But, on top of being a caregiver these tasks can sometimes seem overwhelming.

Try these cooking and nutrition tips to help make the holidays easier to manage, and even allow yourself to enjoy the seasonal fun with your loved ones:

- **Buy pre-prepared ingredients.** Use frozen vegetables or fruit. They're washed, cut, and ready to be used in your favourite soups, casseroles, and desserts. Remember that frozen is just as nutritious as fresh!
- **Eat snacks during the day.** Manage your energy levels with healthy snacks. Try this **Roasted Chestnut & Rosemary Trail Mix** from ELLICSRKitchen.ca for a festive option. Enjoy this trail mix in between meals or serve to guests while celebrating.
- **Cook in batches.** Save time by cooking more food in advance and storing it in the freezer. For example, double your meatball recipe or prepare an extra tray of latkes. This way you can enjoy more time with your loved ones and spend less energy in the kitchen.
- **Practice food safety.** Wash your ingredients, surfaces, tools and hands well. Avoid cross contamination by separating your raw meats from prepared foods, vegetables and fruit. Cook all meats to their food safe internal temperature. And don't leave foods out at room temperature for more than two hours.

For more information on food safety, pick up a copy of "**Food Safety for Patients with Weakened Immune Systems**" at the Princess Margaret Patient and Family Library.

- **Keep food smells to a minimum.** Some people may be sensitive to food smells in the house like fish, cabbage or garlic. Reduce smells by cooking with a window open or baking in a parchment paper package, or known in French cuisine as en papillote.
- **Take care of yourself.** Taking care of yourself first allows you to do a better job of taking care of others. To feel your best, take time to eat well, exercise, relax, and enjoy the holiday festivities.

If you would like to speak to a Registered Dietitian, ask a member of your healthcare team



Join other cancer survivors, caregivers and friends at ELLICSR: Health, Wellness & Cancer Survivorship Center for Community Connections!

Community Connections is a regular event at ELLICSR that is held on the third Thursday of every month.

Stop by Community Connections to:

- Get to know the supportive care organizations in your community
- Attend workshops and programs
- Meet other people affected by cancer

For more information about this event, call ELLICSR Reception at: 416-581-8620.



Community Connections at ELLICSR

Thursday December 20, 2018 9:30 am – 1:30 pm	
12:15 pm – 1:15 pm	<p>ELLICSR Kitchen: Cooking for Health</p> <p>Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating.</p> <p>Cooking samples always provided!</p>

The next Community Connections is: **Thursday January 17, 2019, 9:30 am to 1:30 pm**

ELLICSR: Health, Wellness & Cancer Survivorship Centre

Located in the Toronto General Hospital. From the University Avenue entrance of Toronto General Hospital (near Starbucks), take the Munk elevators down to basement level (B). Follow the signs to ELLICSR.

Meet the Community Connections Supportive Care Organizations

Art for Cancer Foundation

416-763-8752

www.artforcancerfoundation.org



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Bikur Cholim

416-783-7983

www.bikurcholim.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



Bladder Cancer Canada

1-866-674-8889

www.bladdercancer.ca



The Olive Branch of Hope

416-256-3155 or 1-877-251-0770

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Canadian Breast Cancer Foundation

1-888-778-3100

support.cbccf.org



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCAPeers.com



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancer.ca



The Canadian Amyloidosis Support Network

905-787-999 or 1-877-303-4999

info@thecasn.org



Pink Pearl Foundation

www.pinkpearl.org



Dr. Jay Children's Grief Centre

416-360-1111

www.drjaychildrensgriefcentre.ca



POGO

416-592-1232

www.pogo.ca



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Prostate Cancer Canada

416-441-2131 or 1-888-255-0333

www.prostatecancer.ca



Kidney Cancer Canada

1-866-598-7166

www.kidneycancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Leukemia & Lymphoma Society of Canada (LLSC)

647-253-5503 or 1-877-668-8326 x5503

www.llscanada.org



Rethink Breast Cancer

www.rethinkbreastcancer.com



Lung Cancer Canada

416-785-3439 or 1-888-445-4403

www.lungcancer.ca



Testicular Cancer

519-894-0134

www.testicularcancer.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancer.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Waldenstrom's Macroglobulinemia Foundation of Canada (WMFC)

905-337-2450



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



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