



Real Food Garden

Community  
Connections at  
ELLICSR

Meet the  
Community  
Connections  
Supportive Care  
Organizations

## Real Food Garden

By: Jeremy Capone, Wellness Chef, Cancer Rehab and Survivorship Program, Princess Margaret Cancer Centre



At the ELLICSR Kitchen, we are very mindful of agriculture, sustainability and the entire journey from plant to plate. We feel it's just as important to learn about food sourcing as it is to learn about food preparation. To share this passion with you, we are excited to offer for a fifth year, the University Health Network (UHN) Real Food Garden program.

This true plant to plate experience will provide patients and staff with a chance to learn:

- Where food comes from
- How it's grown and harvested,
- How it ends up on our plates.

Entirely volunteer-run, the UHN Real Food Garden program allows people the chance to grow and harvest vegetables from seed, with a lot of watering, digging, trimming and weeding in between. The program is free and open for anyone to join from beginner gardeners to expert green thumbs, for those passionate about food to those who just like spending time outdoors. There is always something to learn and of course chores to do.

Our plot of land is located at the Scadding Court Community Centre (SCCC) at the southeast corner of Bathurst and Dundas and directly across the street from the Toronto Western Hospital. The wonderful people at the SCCC have been extremely accommodating and gracious in taking us in to their community gardening family.

What do we do with all the food? Well since this program spans the entire journey from plant to plate, we use some of the food in our dynamic cooking program at the ELLICSR Health, Wellness, and Cancer Survivorship Centre. Some of the food will be donated to local food banks to give back to the community. And some will be enjoyed by our amazing gardening volunteers.



Sounds exciting doesn't it? Well if you would like to participate, send me an email at [geremy@ellicsrkitchen.ca](mailto:geremy@ellicsrkitchen.ca). We will aim to have our first greenhouse meet at the end of March.

Or if you'd prefer to just watch the plants grow from a distance, I will be tweeting updates from the garden [@ELLICSRkitchen](https://twitter.com/ELLICSRkitchen) and will probably hint to some of the upcoming recipes in our cooking demonstrations. And for some incredible recipes inspired by fresh ingredients like those grown in our garden, check out the [www.ELLICSRKitchen.ca](http://www.ELLICSRKitchen.ca)

Yours in good eats,  
Jeremy

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.

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## Community Connections at ELLICSR

**Thursday March 16, 2017 9:30 am – 3:30 pm**

### Meet Community Partners

Drop by the community booth to meet a representative from national cancer care organizations to hear about programs and resources available in your community. You can visit anytime from 9:30 – 12:30 pm.

**10:30 am – 12:00 pm**     **Gilda's Club Greater Toronto & ELLICSR present Yoga**  
Yoga can help improve fitness, relaxation and stress levels. This class includes a gentle flow linking breathing with movement and guided meditation. Registration required. Call 416-581-8620.

**12:15 pm – 1:15 pm**     **ELLICSR Kitchen: Cooking for Health**  
Join our wellness chef and registered dietitian to get cooking tips and learn about healthy eating. The demonstrations led by Jeremy Capone, Wellness Chef, will focus on cooking and culinary expertise. Nutrition information and/or nutrition advice, specific to your healthcare needs, will not be provided. Cooking samples always provided!

**2:30 pm – 3:30 pm**     **Getting Back on Track**  
Join a social worker to discuss what to expect after your treatment is over and you are being seen for follow-up care. This 1 hour class is free and available to all Princess Margaret patients.

The next Community Connections is: **Thursday April 20, 2017, 9:30 am – 3:30 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](http://www.artforcancerfoundation.org)



## Bikur Cholim

416-783-7983

[www.bikurcholim.ca](http://www.bikurcholim.ca)



## Bladder Cancer Canada

1-866-674-8889

[www.bladdercancer.ca](http://www.bladdercancer.ca)



## Canadian Breast Cancer Foundation

1-888-778-3100

[support.cbcbf.org](mailto:support.cbcbf.org)



## The Canadian Cancer Society

1-888-939-3333

[www.cancer.ca](http://www.cancer.ca)



## The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

[www.colorectal-cancer.ca](http://www.colorectal-cancer.ca)



## The Canadian Amyloidosis Support Network

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

[info@thecasn.org](mailto:info@thecasn.org)



## Dr. Jay Children's Grief Centre

416-360-1111

[www.drjaychildrensgriefcentre.ca](http://www.drjaychildrensgriefcentre.ca)



## Gilda's Club Greater Toronto

416-214-9898

[www.gildasclubtoronto.org](http://www.gildasclubtoronto.org)



## Kidney Cancer Canada

1-866-598-7166

[www.kidneycancer.ca](http://www.kidneycancer.ca)



## Leukemia & Lymphoma Society of Canada (LLSC)

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

[www.llscanada.org](http://www.llscanada.org)



## Lung Cancer Canada

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

[www.lungcancer.ca](http://www.lungcancer.ca)



## Lymphoma Foundation Canada

1-866-659-5556

[www.lymphoma.ca](http://www.lymphoma.ca)



## Melanoma Network of Canada (MNC)

289-242-2010

[www.melanomanetwork.ca](http://www.melanomanetwork.ca)



## Nanny Angel Network

416-730-0025

[www.nannyangelnetwork.com](http://www.nannyangelnetwork.com)



## The Olive Branch of Hope

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

[olivebranch@theolivebranch.ca](mailto:olivebranch@theolivebranch.ca)

[www.theolivebranch.ca](http://www.theolivebranch.ca)



## Ovarian Cancer Canada

1-877-413-7970 x231

[www.ovariancanada.org](http://www.ovariancanada.org)



## Ovarian Cancer Peer Support Network

Greater Toronto Area

[www.ovCAPeers.com](http://www.ovCAPeers.com)



## Pancreatic Cancer Canada

1-888-726-2269

[www.pancreaticcancer.ca](http://www.pancreaticcancer.ca)



## POGO

416-592-1232

[www.pogo.ca](http://www.pogo.ca)



## Prostate Cancer Canada

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

[www.prostatecancer.ca](http://www.prostatecancer.ca)



## Rebounders

905-338-1530

[www.rebounders.ca](http://www.rebounders.ca)



## Rethink Breast Cancer

[www.rethinkbreastcancer.com](http://www.rethinkbreastcancer.com)



## Testicular Cancer

519-894-0134

[www.testicularcancer.ca](http://www.testicularcancer.ca)



## Thyroid Cancer Canada

416-487-8267

[www.thyroidcancer.ca](http://www.thyroidcancer.ca)



## Wellspring Cancer Support Network

416-961-1928

[www.wellspring.ca](http://www.wellspring.ca)



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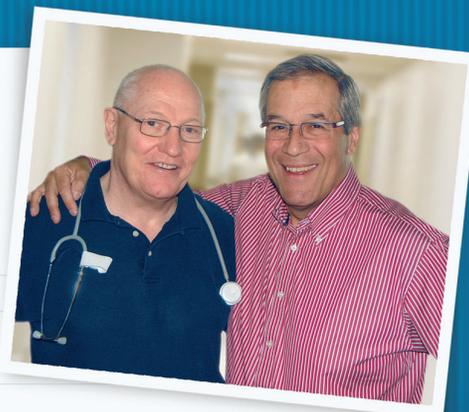
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**“When you’ve had cancer,  
every day is a gift.”** -Chris Taylor

*“Thanks to the groundbreaking research, the care of  
Dr. Messner and the compassion of the whole team  
at The Princess Margaret,  
I’m here today.”*



A gift left in your Will can save lives.

If cancer is your cause, support one of the top 5 cancer research centres in the world. To learn more about planning your gift, call 416-946-2295 or email [legacy@thepmcf.ca](mailto:legacy@thepmcf.ca)

See Chris Taylor's story at [www.thepmcf.ca](http://www.thepmcf.ca)

The Princess Margaret Cancer Foundation  **UHN**

### Patient & Survivorship Education

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