



Kid Friendly
Meals

Community
Connections
at ELLICSR

Meet the
Community
Connections
Supportive Care
Organizations

ELLICSR: Health, Wellness & Cancer Survivorship Centre Newsletter

Kid Friendly Meals

By: Kelly-Anne Kerrigan, George Brown College
Culinary & Nutrition Intern at ELLICSR



I know I'm not the only one who struggles when it comes to feeding children healthy meals! I have two nieces and a nephew who I babysit quite frequently that do not like to eat their vegetables. My youngest niece is a very picky eater who will not eat her food if it is touching or mixed. Even simple sandwiches are out of the question! Countless times I have found myself lecturing them on how important it is to eat healthy, but then I thought there must be an easier way.

Try these fun and easy tips that have helped me along the way to make dinner time more fun and less stressful:



1. Be a role Model

Show your child that you enjoy healthy eating and cooking because they will be more likely to follow your footsteps. Sure, everyone likes their snacks and treats! But, show them that these foods are only good in moderation.

2. Involve Them

Invite your child into the kitchen and have them help prepare dinner. Since it is something they helped cook, they will be proud of what they made and be more inclined to eat it.

3. Try Something New

Make the eating experience more fun by letting your child pick out a new food in the grocery store and help prepare it at home. My go to is always a new fruit or vegetable every week, especially since most children don't want to eat them!

4. Be Creative

Take your creativity to the cutting board or use cookie cutters to cut fruits,



vegetables and sandwiches into fun shapes that will interest your child. When you're four years old, eating a sandwich cut into the shape of a star is much more fun than a regular square!

5. Breakfast for Dinner

My absolute favorite thing to do from time to time is have a big stack of pancakes for dinner. That is something I would always ask for when my mom would ask the question, "What should we have for dinner?" What is more fun than having breakfast for dinner? Bring out your creativity and form the pancakes into fun shapes.



Moral of the story: Show your child that cooking and eating healthy is fun and rewarding!

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 March 17, 2016

12:15 pm – 4:00 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 10:00 – 12:30 pm.

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. Cooking samples always provided!

2:30 pm –
4:00 pm

Gilda's Club Greater Toronto & ELLICSR presents 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

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. Registration is required. Call 416-581-8620

The next Community Connections is:

Thursday April 21, 2016

9:30 am to 4:00 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



Bikur Cholim

416-783-7983

www.bikurcholim.ca



The Canadian Cancer Society

1-888-939-3333

www.cancer.ca



The Colorectal Cancer Association of Canada (CCAC)

416-920-4333

www.colorectal-cancer.ca



The Canadian Amyloidosis Support Network

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

info@thecasn.org



Gilda's Club Greater Toronto

416-214-9898

www.gildasclubtoronto.org



Kidney Cancer Canada

1-866-598-7166

www.kidneycancercanada.ca



Leukemia & Lymphoma Society of Canada (LLSC)

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

www.llscanada.org



Lung Cancer Canada

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

www.lungcancercanada.ca



Lymphoma Foundation Canada

1-866-659-5556

www.lymphoma.ca



Melanoma Network of Canada (MNC)

289-242-2010

www.melanomanetwork.ca



Nanny Angel Network

416-730-0025

www.nannyangelnetwork.com



The Olive Branch of Hope

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

olivebranch@theolivebranch.ca

www.theolivebranch.ca



Ovarian Cancer Canada

1-877-413-7970 x231

www.ovariancanada.org



Ovarian Cancer Peer Support Network

Greater Toronto Area

www.ovCAPeers.com



Pancreatic Cancer Canada

1-888-726-2269

www.pancreaticcancercanada.ca



POGO

416-592-1232

www.pogo.ca



Prostate Cancer Canada

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

www.prostatecancer.ca



Rebounders

905-338-1530

www.rebounders.ca



Rethink Breast Cancer

www.rethinkbreastcancer.com



Testicular Cancer

519-894-0134

www.testicularcancercanada.ca



Thyroid Cancer Canada

416-487-8267

www.thyroidcancercanada.org



Wellspring Cancer Support Network

416-961-1928

www.wellspring.ca



Willow Breast Cancer Support Canada

416-778-5000

www.willow.org



If you'd like to support
this **Newsletter** by
placing an ad, contact us

1-800-339-5662 | willowpublishing.com



patient directory.ca

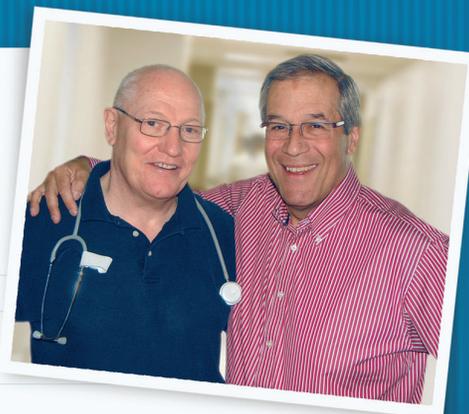
Quality Healthcare Publications

 Proudly Canadian Since 1994



**“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

See Chris Taylor's story at www.thepmcf.ca

The Princess Margaret Cancer Foundation  **UHN**

Patient & Survivorship Education

Editor: Myann Marks-Aitken – Oncology Survivorship Program Coordinator | **Editorial Board:** Karen Chuk, Maureen Daniels, Daniela Fierini, Robin Forbes, Janet Papadakos | **Graphic Artist:** Kristin Foster | Please forward comments, questions or submissions to myann.marks@rmp.uhn.on.ca

The Patient Education and Survivorship Programs are supported by the Princess Margaret Cancer Foundation.

The information contained in this newsletter is to be used for informational purposes only and is not intended as a substitute for professional medical advice, diagnosis or treatment. Please consult your health care provider for advice about a specific medical condition. A single copy of these materials may be reprinted for non-commercial personal use only.

© University Health Network - Princess Margaret Hospital - Patient and Family Library - 2016