



MANAGING NUTRITION DURING CANCER FACILITATOR'S GUIDE

RATIONALE

Almost everyone has either experienced cancer personally or knows someone who has been diagnosed. Many people feel overwhelmed about managing cancer treatment. In addition, patients should improve all aspects of health and well-being during treatment and recovery. This lesson focuses on how to consume adequate nutrition during cancer treatment not only to feel better but also to contribute to improved health outcomes. Information in this lesson is beneficial for patients and caregivers.

LESSON GOAL

To help participants understand how nutrition can help with cancer treatment including managing symptoms associated with eating and food safety

LESSON OBJECTIVES

- To learn how each food group contributes to a balanced diet during cancer treatment
- To guide participants in how to manage symptoms of cancer treatment while still consuming adequate nutrition
- To understand food safety while preparing and storing food
- To increase confidence in asking health-care providers questions about cancer treatment and management

FACILITY AND EQUIPMENT REQUIREMENTS

- Table and chairs for participants
- Projector for PowerPoint presentation
- OPTIONAL: Materials for recipe demonstration and/or tasting

LESSON PREPARATION

- Read through the material to become familiar with the content.
- Copy the Managing Nutrition during Cancer publication (FCS8-123) and additional handouts with relevant information or activities.
 - Examples may include additional FCS publications related to food safety.
- OPTIONAL: Make a smoothie or shake, providing a variety of options for sampling that increase nutrition and calorie density. Keep brand(s) anonymous.

ESTIMATED LESSON DELIVERY TIME

This lesson should last approximately 30 to 60 minutes.

POTENTIAL AUDIENCES

People of all ages and abilities who have been touched by cancer are encouraged to attend this lesson.

RECIPES AND DEMONSTRATION

The variations of the High Calorie Liquid Shake **would make a** good demonstration and tasting. Different batches could be prepared to compare the tastes of the optional extras for more calories.

MARKETING PIECE

Lesson Flyers

Consider distributing flyers on social media, at the library, health departments, community bulletin boards, and with local health-care providers. If you have a cancer treatment center or a UK Markey Cancer Center affiliate site in your county, please share the information with them to help with recruitment. It could also be included in your KEHA and Extension newsletters.

Social Media

Are you or a loved one managing cancer treatment or in remission? Would you like information about nutrition to help the body heal while managing reactions to treatment? Join us at the **XXXXX** County Extension Office on **INSERT DATE** and **TIME** for the program Kick Kentucky Cancer. We would love for you to bring a friend!

Newspaper/Newsletter

Are you or a loved one managing cancer treatment or in remission? Would you like information about nutrition to help the body heal while managing reactions to treatment? People might have questions but aren't sure who to ask when it comes to eating the right foods, managing the symptoms of cancer treatments, or even the importance of food safety with people who have cancer.

If you are interested in learning more, the **XXXXX** County Extension office will be hosting a workshop in the Kick Kentucky Cancer program on **INSERT DATE, TIME**, and **LOCATION**. The workshop will provide an overview of a balanced diet, tips for overcoming symptoms of cancer treatment drugs, lessons on food safety, and suggestions for how to talk to your health-care providers about nutrition. You will walk away from this program with practical tips for helping your body heal through nutrition. Join us!

EVALUATION

This lesson includes a post-evaluation and a Three-Month Follow-Up evaluation. Mail the registration roster and post-lesson evaluations to:

Heather Norman-Burgdorf, Food and Nutrition Specialist
118 Funkhouser Building
Lexington, KY 40506

*Extension specialists Norman-Burgdorf, Kostelic, Ashurst, and Jones will analyze data and distribute county reports.

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