

Cancer Recovery: Cooking for Taste & Swallowing Difficulties

What can I expect to learn?

Join Cancer Care Alberta dietitians for an interactive cooking demonstration session about how food and nutrition can help your body recover from treatment and manage treatment side-effects. Topics include:

- Experiment with flavours and learn cooking strategies to improve taste
- Soft, moist recipes high in protein
- Cooking tips and tricks for motivation in the kitchen

You can ask questions to the dietitians and receive nutrition-based handouts to offer you further support.

What are the class details?

- This class is offered over in-person at the Wellness Kitchen at South Health Campus (4448 Front St SE, Calgary Alberta)
- 2 hour (120 minutes) long
- Free!

Who can register for this class?

- This in-person cooking demonstration class is for adults (age 18 or older)
- Come to this class for yourself or for a loved one

How can I register?

- Online: <https://redcap.link/CancerRecoveryCooking>
- By phone: 587-231-5335

Questions about the class?

Email: cancerdietitianscalgary@albertahealthservices.ca



Health Link has dietitians to answer nutrition questions.

Call 811 and ask to talk to a dietitian or complete a [self-referral form](#) on ahs.ca/811.