



Shared meals are an important part of the FD experience. Our chefs are passionate about the magic that happens when a group of friends eat together and the importance of health supportive nutrition as it pertains to survivorship. We aim to create a safe place for our participants to experience the benefits of a nourishing diet, learn new things about healthy cooking and inspire you to carry these practices into your daily lives after your program. Our

intent is to provide a culinary experience that if it is a challenge, it's by choice, much like the outdoor experiences and opportunities to connect personally at FD programs. We want to promote the best possible ways of eating to specifically support survivorship, but remain open and accommodating to various comfort levels and attitudes about food. Our chefs are always open and available to communicate about your specific dietary needs or concerns while at your program and to answer questions about how you can recreate these meals at home.

What to expect for meals:

- Breakfast: cold breakfast for early risers- fresh fruit, smoothies, whole grain breads & spreads, granola, good coffee and tea - hot breakfast before activities
- Lunch: usually packed and taken to the activity location - a full spread for making your own wraps and sandwiches including veggie and meat options, fresh fruit and snacks
- 'Happy Hour': healthy snacks before dinner
- Dinner: a full hot meal to be enjoyed all together
- Healthy hydration options

What to expect for foods:

- Menus are based on a whole foods approach to cooking, emphasizing plant-based meals with adequate options for quality animal protein
- Lots of fresh fruits and veggies, whole grains, beans, peas, nuts and seeds
- Quality organic animal proteins
- Healthy sweet treats (it's all about balance!)
- Locally sourced, seasonal and organic wherever possible
- Healthy cooking techniques
- Adequate calories for high levels of activity

What to expect from our chefs:

- A passion and dedication to bringing health and nutrition education to cancer survivors and caregivers
- Willingness to help educate about diet and lifestyle changes: ability to do this in an inviting, inspiring and nonjudgmental way
- Experience in preparing food for specialized diets to include vegetarian, vegan, allergies and dietary restrictions
- Open to communication about meeting dietary needs for the duration of the program and answering any questions about the foods we are preparing
- Amazing food made with lots of love in an open and inviting kitchen...feel free to chat with us while we work!