

CHRISTUS ST. VINCENT REGIONAL CANCER CENTER

TEACHING KITCHEN

FIRST MONDAY OF THE MONTH FROM 11AM-12PM
CHRISTUS CANCER CENTER FIRST FLOOR

APRIL
06

GETTING TO KNOW SOY FOODS

Learn to cook with this plant based, high protein, planet-friendly family of foods. We will try edamame and have a tofu tutorial

MAY
04

SPECIAL GUESTS:

**ALLISON DONNELL, ND, DOM AND
HANNAH EMERY, DOM**

Traditional Chinese Medicine Recipe- led by our fantastic Doctors of Oriental Medicine from the Palliative Care Clinic

JUNE
06

CANCER SURVIVORSHIP NUTRITION

Support your goals for health and well being outside of active treatment. Learn which foods help to reduce risk of cancer recurrence

JULY
13

SUMMER HYDRATION

Electrolyte drinks, agua frescas, infused waters...oh, my! Learn tasty ways to stay hydrated in the hot weather. Note: this is the SECOND Monday of the month

AUG
3

CELEBRATING SEASONAL PRODUCE

It's the most wonderful time of the year... No, not Christmas-- it's summer produce season! Come see some new ways to enjoy summer fruits and vegetables

Questions? Contact Elizabeth Roadhouse, MS, RD, LD, CSO
505.913.8974
elizabeth.roadhouse@stvin.org