

Cooking for a Life Time Can Save Lives

Researchers have shown that what we eat and how much we exercise can influence risk for developing cancer. Also regular screening and early detection of cancer can save lives.



People love to get together to learn new ways to prepare healthy foods.



The University of Georgia Cooperative Extension

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The Cooking for a Life Time Cancer Prevention Cooking School





Cooking for a Life Time Gives People the Tools to Prevent Cancer

The Cooking for a Life Time Cancer Prevention Cooking School was developed to get the message out to women who are rarely or never screened for breast and cervical cancer that regular mammograms and Pap tests can save their lives.



The recipes are delicious and easy to make. Everyone wants to taste them.

The school also shows ways that women can reduce their risk for cancer by changing their eating habits, selecting more healthy food and becoming more active.

The schools are designed to be jointly offered by representatives from the American Cancer Society or a health professional

involved in screening for breast and cervical cancer.

Each lesson has power point presentations with detailed scripts and attractive handouts. Then healthy recipes are demonstrated and offered to the audience.

The lessons can be offered once a week for three weeks or lessons one and two can be offered jointly for a four hour period.

Designed for Extension Agents or Health Care Professionals

Cooking for a Life Time can be presented by an Extension agent or health care professional that has been trained in basic cancer prevention.

Here are what the lessons offer:

Lesson 1— The Color Wheel of Fortune

Overview of the 10 Nutrition Recommendations from the American Institute for Cancer Research and the World Cancer Research Fund and screening guidelines for breast cancer.

Lesson 2— Shopping Right—Eating Right

First of a two part virtual grocery store tour featuring recommended choices from the dairy, meat, grain and fats and oils groups. Also discussed are guidelines for cervical cancer screening.

Lesson 3— Revisiting the Grocery Store While Saving Money

Second part of the supermarket tour featuring frozen entrees and boxed dinners, vegetables, soups, condiments, and desserts. Also discussed are unit pricing, and guidelines for colorectal cancer screening.

To order the CD —

Unfortunately we only accept checks made out to the **University of Georgia**. We cannot accept purchase orders or credit cards.

Each CD for **\$15** has the complete curriculum with all supporting materials.

If you need an invoice to get a check cut, please contact Elizabeth Carroll at ecarroll@uga.edu or 706-542-3773.

Please include the following order blank with your check.

Send to Alison C. Berg, PhD, RDN, LD

Name: _____

Address: _____

Number of CDs desired _____

Amount Enclosed _____

Day time phone _____

Email: _____

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