



MEALS AND NUTRITIONAL SUPPORT PILOT PROJECT OVERVIEW

Meals/Food Delivery Pilot Project delivers prepared meals, groceries and nutritional information to breast cancer patients, and their families, free of charge, for up to 12 weeks.

The battle against breast cancer is a difficult one at best, and is made more difficult by poor nutrition and additional financial strain. The emotional and physical impact of this disease may make some of the things we take for granted, including shopping for and preparing family meals, almost impossible. Ongoing, appropriate nutrition is critical to improving a woman's chances of winning the breast cancer battle.

A Meal/Food Delivery Service for breast cancer patients can-

- Ensure appropriate nutrition for a patient (and family) while undergoing treatment
- Improve health and enhance medical adherence
- Help to alleviate financial concerns
- Mitigate concerns about caring for family
- Help address emotional issues, such as loneliness, depression
- Allow clients to maintain independent living, and their role in the family
- Support family members and caretakers who, in turn, will provide better support for the survivor
- Educate the entire family about the role of proper nutrition in healing and preventing disease
- Save lives and ensure that families can stay together - even if a parent has breast cancer

Yet no service of this type existed in Central Texas. Until Now.

Breast Cancer Services has launched a program to support patients and their families during the toughest times-
using existing community resources and agencies.





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PROGRAM PARTNERS

The Capital Area Food Bank – food procurement, program logistics

HEB Grocery/ Central Market Organics- discounted and donated food products

Dr. Glen Luepnitz- Lone Star Oncology- nutritional evaluation, program guidance

Chef Andrew- Spirited Chef- nutritional evaluation and food preparation

Culinary Academy of Austin- food preparation

United Way Women's Giving Group- food delivery

Greenlights for Non-Profit Success- program evaluation

PROGRAM DETAILS

- Pilot Program currently serves 17 survivors, 6 caregivers, and 29 children while patients are undergoing and recovering from treatment or surgery.
- Provide meals/food to survivors, caretakers and any dependant children living in the household (under the age of 18).
- Include a combination of prepared meals (which can be refrigerated or frozen), groceries, non-perishables and fresh fruits.
- Accommodate special dietary requirements, food preference, special needs and/or cultural preferences (vegetarian, wheat-free, soy-free, etc.), along with kid friendly meals

After completion of the pilot, the program will be evaluated. Our intention is to refine and enhance the service in response to this feedback, and ultimately to expand the program to serve additional families throughout the 5 county Central Texas region on an ongoing basis.

