



Dana-Farber
Cancer Institute



Feeding a Family in Challenging Times

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Tips for grocery shopping

- ❖ Buy shelf stable items like nut butters, dried beans and lentils and whole wheat pasta.
- ❖ Select long-lasting produce – veggies that last 2+ weeks

Brussels sprouts, Beets, Cauliflower, Carrots, Celery, Cucumber, Fennel, Garlic, Onions, Parsnips, Purple Cabbage, Sweet Potatoes, Turnips, Winter Squash and Zucchini.

- ❖ Stock up on frozen foods like edamame and berries.
- ❖ Buy (or make) kid-friendly dips
 - Hummus
 - Greek yogurt dip
 - Homemade guacamole



Tips for changing symptoms

- ❖ Loss of appetite/interest in food:
 - Small frequent bites and sips
 - “Ball Bites”
 - “Screen Fuel”
 - **Get creative!**
- ❖ Weight loss
 - Make every bite count!
 - **Get creative!**
- ❖ Taste Changes:
 - Spice things up!
 - Funky Flavors!
 - Keep trying!
 - **Get creative!**

Recipe Links

- ❖ Nut Butter Energy Bites: <https://minimalistbaker.com/5-ingredient-peanut-butter-cup-energy-bites/>
- ❖ Hummus: <https://cookieandkate.com/best-hummus-recipe/>
- ❖ Peanut butter yogurt dip: <https://www.twopeasandtheirpod.com/peanut-butter-honey-yogurt-dip/>
- ❖ Avocado Pops: <https://www.thelittlepicurean.com/2014/04/chocolate-avocado-popsicles.html>
- ❖ Trail mix 101: <https://www.freshoffthegrid.com/trail-mix-recipes/>
- ❖ Smoothies 101: <https://www.thespruceeats.com/smoothie-of-the-day-e-course-day-3-2098199>
- ❖ Popcorn 101: <https://www.foodnetwork.com/recipes/articles/50-flavored-popcorn-recipes>
- ❖ Flavored Water 101: <https://www.foodnetwork.com/healthy/packages/healthy-every-week/healthy-tips/12-ways-to-make-water-the-most-delicious-thing-ever>