

Food is Sacred: Eating During Cancer

December 3, 2025

1:30-2:30pm MT

This session explores nutrition supports available for individuals affected by cancer, with a focus on culturally respectful care. Participants will learn how to recognize common nutrition-related side effects, access resources, and connect patients with dietitians and educational tools. The session also highlights the deeper meaning of food—its traditional, cultural, and emotional significance—and how honoring these aspects can support healing, connection, and dignity during cancer care.



Learning Outcomes:

- Discover available nutrition services and resources for cancer care
- Recognize key nutrition-related side effects and supportive strategies
- Understand how food can support emotional well-being, cultural identity, and meaningful moments for patients and families
- Learn how to refer patients to dietitians and educational tools

Speakers:

Jennifer Black with 25 years of experience, Jennifer is a Registered Dietitian specializing in cancer care. She provides individualized nutrition counseling, leads group education sessions, and teaches cooking classes to support patients through treatment and recovery. Her approach blends evidence-based guidance with practical strategies to help patients manage side effects, improve well-being, and feel confident about nourishing their bodies during every stage of cancer care.

Stephanie Krug is a Registered Dietitian and Provincial Practice Lead for Nutrition Education Resources with Alberta Health Services. She has over 10 years of experience in nutrition care, adult learning, and health literacy. Stephanie's work supports people affected by cancer through nutrition resources that go beyond nutrients—helping individuals and families feel confident in making meals, navigating food challenges, and finding comfort and connection through eating. She focuses on creating resources that are easy to understand, respectful, and reflect people's different life experiences



Target Audience: Healthcare staff working in Indigenous communities and care sites

Please register for session at:
<https://fntn.ca/Home/Register-VC?eid=22612>

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<https://fntn.zoom.us/j/86012844954>
Meeting ID: 860 1284 4954
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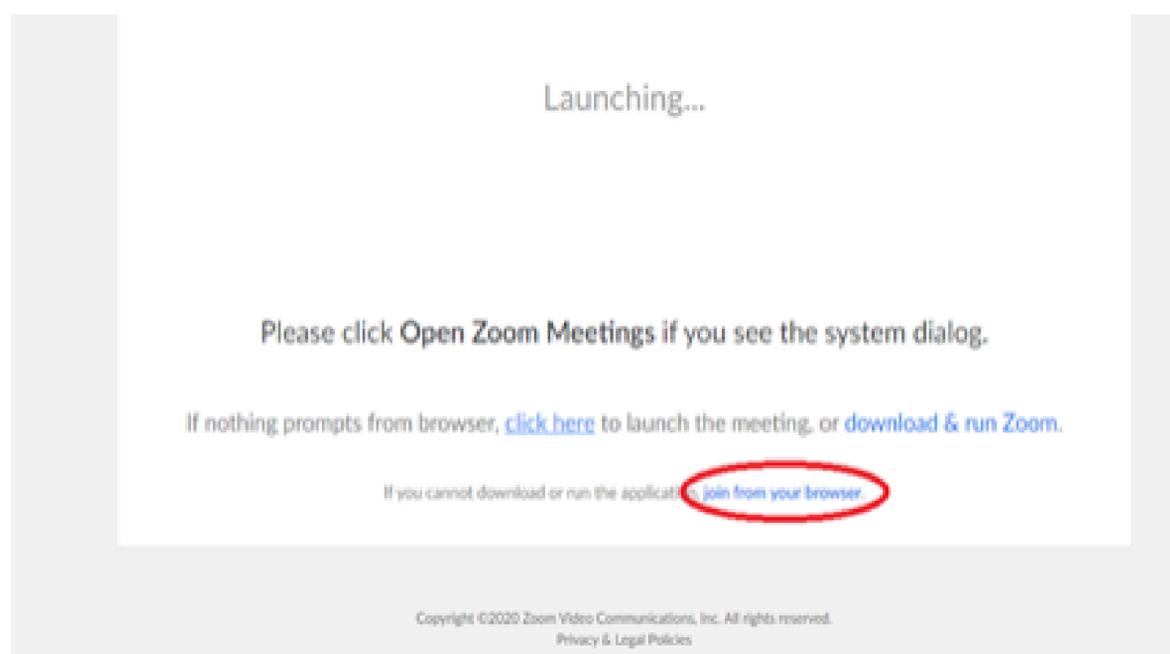
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Learn More: Supportive Care Services for Indigenous People with Cancer

CancerCare Alberta (CCA) supportive care services offers help when cancer and its treatment affect people physically, emotionally, spiritually, and socially. There are services people may not be aware of that can help navigate the challenges that impact a person's day-to-day life during cancer care.

Learn about these supports, what to watch for, and how to bridge connections for your patients and their care.



Psychosocial Supports During Cancer Care

Wednesday, September 24, 2025. 1:30 to 2:30 pm



Cancer and Sexual Health

Wednesday, October 15, 2025. 1:30 to 2:30pm



Rehabilitation Supports During Cancer Care

Wednesday, November 5, 2025. 1:30 to 2:30pm



Food is Sacred, Eating During Cancer Care

Wednesday, December 3, 2025. 1:30 to 2:30pm



Palliative Care within Cancer Care Alberta

Wednesday, January 21, 2026. 1:30 to 2:30pm



Psychiatry During Cancer Care

Wednesday, February 11, 2026. 1:30 to 2:30pm

For more information check 'CALENDAR' on the First Nations Telehealth Network website (fntn.ca) or email ccawalkingtogether@ahs.ca.