



CULINARY MEDICINE WORKSHOPS

LIVESTRONG AT THE Y CANCER SURVIVORSHIP PROGRAM

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LA CROSSE AREA FAMILY YMCA

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CULINARY MEDICINE WORKSHOPS

- In partnership with the Plant Partners Committee and Oncology Registered Dietitians from the Gundersen Health System, we host a Culinary Medicine Workshop for every LIVESTRONG class at the Y (10 classes each year).
- We started in March of 2023 and have hosted 20+ Culinary Medicine Workshops since.
- We are passionate about providing nutrition education to prevent cancer and cancer reoccurrence.
- We believe food is medicine and we showcase how to eat whole foods on a budget and provide food tastings, resources, recipes, and nutrition education. Our main goal is to promote eating more plants.
- We've gotten outstanding positive feedback with surveys!

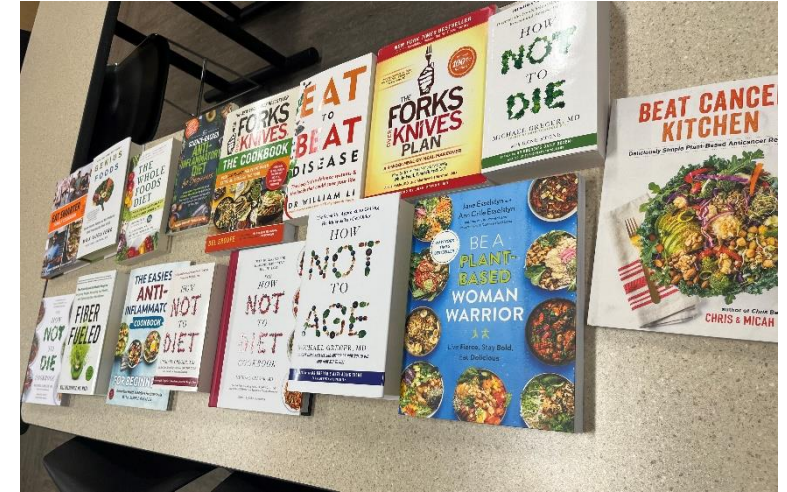


GRANT FUNDING

FROM THE WISCONSIN CANCER COLLABORATIVE

In 2024:

- Hosted nine Culinary Medicine Workshops for the LIVESTRONG Cancer Survivorship Program reaching 90+ people.
- The funds purchased the food, supplies, kitchen equipment, and nutrition books/cookbooks for our lending library.
- We purchase local foods from Farmer's Markets when able.
- We held a STAYSTRONG Wellness Retreat with LIVESTRONG alumni featuring a Culinary Medicine Brunch Workshop.





SUPER BEET HUMMUS

Ingredients:

1 can of chickpeas

8 whole beets, canned

1 large lemon, juiced

1.5 to 2 TBSP Tahini

2 TBSP Water

1.5 TBSP Olive oil

3 cloves garlic

½ tsp paprika

½ tsp cayenne

½ tsp salt

Directions:

Add chickpeas, olive oil, lemon juice, water, tahini, and seasonings to food processor and pulse until chickpeas are smooth.

Add beets and pulse until hummus is creamy and blended.

Serve with a side of veggies, pita bread, chips, or crackers.



PUMPKIN CHICKPEA BLONDIES

From Two Spoons

Ingredients:

- 1/2 cup gluten-free oats
- 1 1/2 cups chickpeas (15 oz. can)
- 1/2 cup almond butter
- 1/3 cup canned pumpkin puree
- 1/4 cup maple syrup
- 2 tsp vanilla
- 1/2 tsp baking powder
- 1/4 tsp baking soda
- 1/2 tsp sea salt
- 1 tsp pumpkin spice
- 1/2 cup semi-sweet vegan chocolate chips

Instructions:

Preheat oven to 350F. In a food processor add oats. Pulse until flour like substance.

Next add remaining ingredients: chickpeas, almond butter, canned pumpkin puree, maple syrup, vanilla, baking powder, baking soda, sea salt, and pumpkin spice. Blend to combine. Remove S-shape blade and add 1/4 cup chocolate chips. Fold into batter.

Line a square cake pan (I used a 9x9 inch pan / 23cm x 23cm) with parchment paper. Rub the sides with a bit of coconut oil. Pour batter into baking dish and spread to even. Sprinkle with remaining chocolate chips.

Bake blondies for 25-30 minutes, or until a toothpick inserted comes out clean. Let rest for 10-15 minutes before cutting into squares.



FOOD IS MEDICINE!

Questions?

Thank you!



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