

VIRTUAL

Food Matters

A cancer-focused nutrition and cooking class



3rd Wednesday of every other month in 2024
11:30 a.m. to 12:30 p.m.

Virtual via zoom. To register, email our registered dietitian Jerianne at maria.cusipag@rwjbh.org.
You can also scan the QR code for the zoom link:



- January 17** What can I eat when I can't stop losing weight? Or what can I eat if I can't stop gaining weight?
- March 20** Do vitamins truly help in fighting cancer? *
- May 15** Confronting curveballs: What to do when cancer therapy changes your sense of taste.*
- July 17** Back to the basics: What is a nutritious meal?*
- September 18** Setting yourself up for success: foods to eat before, during, and after chemotherapy.*
- November 20** Making the most out of your nutrition assistance programs (SNAP, WIC, Meals on Wheels, etc)*

**includes a live 30-minute cooking class with Jerianne followed by Q&A*

RWJBarnabas
HEALTH

Newark Beth Israel
Medical Center

RUTGERS
Cancer Institute
of New Jersey
RUTGERS HEALTH

Let's beat cancer together.

Rutgers Cancer Institute of New Jersey is the state's only NCI-designated Comprehensive Cancer Center. Together RWJBarnabas Health and Rutgers Cancer Institute offer the most advanced cancer treatment options close to home.

