



Introduction:

In late 2023, the Cancer Wellness Center of NEPA embarked on a new and exciting program to assist our cancer clients with the various challenges related to their nutritional needs while going through the cancer journey. Phase one is our *Soup for You* program designed to address the nutritional challenges faced by cancer clients undergoing treatment. This initiative provides cancer clients with nutritious, easy-to-digest soups designed to support their physical and emotional well-being. Treatment side effects like nausea, appetite loss, and difficulty eating make proper nutrition challenging and *Soup for You* aims to alleviate these issues while improving strength, energy, and overall quality of life.

Objective:

The primary goal of the *Soup for You* program is to provide nutrient-dense, flavorful soups that support the specific dietary needs of cancer clients. These soups are designed to be easy to digest, rich in protein, vitamins, and healthy fats, and tailored to help cancer clients overcome eating difficulties during treatment.

Program Features:

- **Nutritional Design:** Each soup is crafted with input from an oncology nutritionist to ensure it meets the dietary requirements of cancer clients. The soups are rich in protein, antioxidants, healthy fats, and vitamins while being gentle on the stomach.
- **Variety:** Soups are made by local company Fit AF, offering rotating delicious recipes such as sweet potato chicken bisque and curry turmeric cauliflower. Each cancer client undergoing chemotherapy, immunotherapy, or radiation receives two frozen quarts of soup monthly.
- **Community Partnerships:** Initial funding has been provided by the AllOne Foundation, with additional support coming from the Bergman Foundation.

Impact:

The program aims to reduce malnutrition, improve recovery outcomes, and boost cancer client morale by providing easy, comforting meals. By removing the stress of meal preparation, *Soup for You* helps cancer clients focus on healing while raising awareness about the critical role of nutrition in cancer care.

Conclusion:

We are seeking funding to sustain and expand the *Soup for You* program, reaching more cancer clients and providing essential nourishment during their cancer journey. This grant will help fund the program for one year and support the next phase, which includes a full meal plan and household meal replacement program for families affected by cancer. We are committed to ensuring that no client faces cancer alone.

Thank you for your consideration

Thomas Ruskey
Director

Visit Us Online
cancerwellnessnepa.org

190 Welles Street, Suite 166, Forty Fort, PA 18704 Ph (570) 714-8800 Fx (570) 714-4160