

A Caregivers Guide



Cooking for Palliative Care and the Family

References

- The Pallium Pocketbook (July 2013), Pallium Canada
- The Way Forward Integration Initiative, The Palliative Approach: Improving Care for Canadians with Life-limiting Illnesses, www.hpcintegration.ca/media/38753/TWF-palliative-approach-report-English-

Support Resources

- Canadian Virtual Hospice at www.virtualhospice.ca
- Caregiver Exchange at www.caregiverexchange.ca
- Carers Canada at www.carerscanada.ca
- Ontario Caregiver Coalition at www.ontariocaregiverscoalition.ca
- Canada's Compassionate Care Benefits at www.servicecanada.gc.ca/eng/ei/types/compassionate_care.html
- Patient-Family Handbook
- https://web.cshospice.org/wp-content/uploads/2015/05/Patient-Family-Handbook_1216-web-Copy.pdf
- Gluten-Free Certification Program www.glutenfreecert.com/
- Canadian Celiac Association: Home Page <https://www.celiac.ca/>
- The Celiac Scene: Gluten-Free Restaurants, Stores & News <https://theceliacscene.com/>
- Diabetes Canada <https://www.diabetes.ca/>
- Diabetic Living <http://www.diabeticlivingonline.com/diabetic-recipes>
- Recipes - Diabetes Canada <http://www.diabetes.ca/diabetes-and-you/recipes>
- Vegan and Vegetarian Recipes - Toronto Vegetarian Association <http://veg.ca/eat-veg/vegetarian-recipes/>
- Vegan Recipes - Canadian Living <http://www.canadianliving.com/food/subsection/collections>
- Protein Vegetarian Meals - Food Network Canada www.foodnetwork.ca/healthy-eating/photos/high-protein-vegetarian-meals/

The information contained within this book is not intended to diagnose, treat, cure or prevent disease, illness or condition. The information provided herein should not be construed as personal medical advice or instruction. No action should be taken solely based on the contents of this book. It is for informational purposes only and is not a substitute for advice from your physician or other healthcare professionals.

Readers who fail to consult appropriate health authorities assume the risk of any injuries. The authors or contributors shall not be held liable or responsible for any misunderstanding or misuse of the material or for any loss, damage, or injury caused or alleged to be caused directly or indirectly by any treatment, action, or application of any food or food source discussed in this book.

Please visit hospiceniagara.ca to download a pdf version of this book.

Contents

Forward	5
Acknowledgements	6
Introduction	7
Recipes:	
Lemon and Cranberry Breakfast Cookie	8
Sausage and Broccoli Frittata	9
Potato and Corn Chowder	10
Beef and Barley Stew	11
Chicken and Dumpling Stew	12
Chicken Enchiladas	13
Meatloaf Meatballs and Noodles	14
Beef and Broccoli Stir Fry	15
Three Cheese Macaroni and Cheese	16
Creamy Polenta Pie	17
Peanut Butter Protein Bites	18
Honey Lemon Loaf	19
Caregiver Tips	20
References	22

Food is love.

We've used that simple expression around our house for as long as I remember.

Whether it's a Sunday roast, popcorn during a movie, extra blueberries in the oatmeal or chicken soup for the soul; food is the way I show my family my love.

As the chef at Hospice Niagara's The Stabler Centre, I have the pleasure and the honour of providing food for clients and their families. Food is love, but it is also comfort, care, and nourishment.

And empowerment.

In the course of navigating life-limiting progressive illnesses, we often feel so powerless – relinquishing our control to nurses, doctors, and specialists – feeling like passengers on a journey rather than participants in a process.

This book was created with the goal of empowering caregivers in our palliative care community to engage in the healthcare process and participate in an area where expertise is not a prerequisite – the kitchen. Preparing meals is an expression of love.

These recipes were created with both the client and the caregiver in mind. The recipes are wholesome and easy to prepare, and feature ingredients that are easy to find. The focus is to provide nutritionally dense (high in protein and vitamins, and rich in fats) and boldly flavoured dishes appropriate for all diets. This isn't health food, but this also isn't 'sick food'. This is food that can be created easily by caregivers, but enjoyed by all.

It is the intention for this book to give people the power to create wholesome food, the opportunity to share meals and moments with family and friends, and to make every bite count. After all – food is love.

We hope you enjoy each recipe and make them your own.



Patrick Engel
Chef, Hospice Niagara

Acknowledgements

This book was made possible by the generous sponsorship from The Helderleigh Foundation and collaboration between George Brown College and Hospice Niagara.



PROUD SPONSOR



Special thanks to:

- Llewelyn and Susan Smith of The Helderleigh Foundation
- George Brown College - Food Innovation & Research Studio (FIRSt)
- Students of the culinary program at George Brown College
- Hospice Niagara's clients and their families, volunteers and staff for their input and recipe testing
- Mike McColl for his photographs
- Pamela Szabo-Kode, Registered Dietician, for professional consultation

Introduction

Hospice palliative care is a philosophy of care that aims to relieve suffering and improve quality of living and dying. It strives to help individuals and families to:

- Address physical, psychological, social, spiritual and practical issues, and their associated expectations, needs, hopes and fears
- Prepare for and manage end-of-life choices and the dying process
- Cope with loss and grief
- Treat all active issues
- Prevent new issues from occurring, and
- Promote opportunities for meaningful and valuable experiences, and personal and spiritual growth

Source: Advancing High Quality, High Value Palliative Care in Ontario: A Declaration of Partnership and Commitment to Action

Hospice Niagara provides patient-centred, family-focused hospice palliative care in Niagara region of Ontario. Of interest to us, was the challenge expressed by caregivers to provide quality food for those they are caring for. This project addresses the creation of nutrient-rich meals and snacks that have a pleasant flavor, given medication side-effects; are easy to prepare with accessible and affordable ingredients; and may be consumed in small quantities with the option to freeze for later use.

The development of this book was a collaborative effort, involving a multi-disciplinary project team made up of staff and students from the Food Innovation and Research Studio (FIRSt), Centre for Hospitality and Culinary Arts at George Brown College, with input from a nutritionist, Hospice Niagara staff, caregivers, people receiving palliative care and Chef Patrick. This project was made possible by the financial generosity of The Helderleigh Foundation.

Through a well-developed project plan, prototyping, hands-on testing, nutritional analysis (using Genesis R&D SQL software) and evaluation; 12 recipes are presented in this guide that is primarily for caregivers of people living with cancer. These recipes are nutritionally-balanced and specific to people living with cancer as they are high in fat, protein and fiber, yet are made available in small portions. Product taste complements drug interactions and side effects such as dry mouth, constipation and easy swallowing.

To compliment the recipes, we aim to provide helpful tips and resources for those who are new to providing palliative care for others.

Lemon and Cranberry Breakfast Cookie

Prep Time: 20 minutes

Cook Time: 20 minutes

Servings: 12 servings

Ingredients:

1 cup (250 mL)	Rollled oats
2 cup (500 mL)	Almond flour
¼ cup (60 mL)	Dried cranberries, chopped
1 tbsp (15 mL)	Lemon zest
¼ tsp (1 mL)	Salt
2 tsp (10 mL)	Baking powder
1 each	Egg
1 tsp (5 mL)	Vanilla extract
¼ cup (60 mL)	Almond butter
3 tbsp (45 mL)	Honey
2 tbsp (30 mL)	Butter, melted
⅓ cup (80 mL)	Milk

Method:

1. Preheat oven to 350°F (180°C) and line a baking sheet with parchment paper. Set aside.
2. Place oats in a food processor and pulse to ground to a powder.
3. In a large bowl combine ground oats, almond flour, cranberries, lemon zest, salt and baking powder.
4. In a separate bowl whisk egg, vanilla extract, almond butter, honey, melted butter and milk together.
5. Fold wet ingredients into dry and using an ice cream scoop, portion onto lined baking sheet.
6. Lightly flatten and bake for 18-20 minutes until golden brown. Cookies will still be soft.

Nutrition Facts

Valeur nutritive

Per 1 cookie

par 1 biscuit

Calories 220	% Daily Value*
Fat / Lipides 14 g	19 %
Saturated / saturés 2.5 g	13 %
+ Trans / trans 0.1 g	
Carbohydrate / Glucides 19 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 7 g	
Cholesterol / Cholestérol 20 mg	
Sodium 130 mg	6 %
Potassium 175 mg	4 %
Calcium 125 mg	10 %
Iron / Fer 1.5 mg	8 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Chef's Tips:

- If you have a sweet tooth, increase honey to suit your taste
- Peanut butter can be used instead of almond butter

Sausage and Broccoli Frittata

Prep Time: 15 minutes
 Cook Time: 1 hour
 Servings: 6 servings

Ingredients:

1 tsp (5 mL)	Olive oil
2 each	Mild Italian sausage
1 cup (250 mL)	Onion, chopped
6 each	Egg
¼ cup (60 mL)	Chives, chopped
⅓ cup (80 mL)	Mozzarella cheese, shredded
¼ cup (60 mL)	Milk
1 each	Potato, grated
1 cup (250 mL)	Broccoli, finely chopped
¼ tsp (1 mL)	Black pepper
As needed	Cooking spray

Method:

1. Preheat oven to 375°F (190°C) and spray 8 in. x 8 in. baking dish with cooking spray. Set aside.
2. In a frying pan, heat oil over medium heat. Remove raw sausage from casing and cook until nicely browned.
3. Add onions and cook until onions are softened. Remove from heat and allow to cool completely.
4. In a large bowl, whisk together eggs, chives, mozzarella cheese, milk, grated potato, broccoli and black pepper. Add the cooled sausage and onions, stir to combine and pour into prepared dish.
5. Bake for 45- 50 minutes or until the middle of frittata is set.

Nutrition Facts Valeur nutritive

Per 1/6 recipe
 par 1/6 recette

Calories 440	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 14 g	19 %
Saturated / saturés 4 g	23 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 25 g	
Cholesterol / Cholestérol 80 mg	
Sodium 560 mg	24 %
Potassium 900 mg	19 %
Calcium 100 mg	8 %
Iron / Fer 5 mg	28 %

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup



Chef's Tip: For a heartier meal, add 2 cups (500 mL) diced bread and 2/3 cup (160 mL) milk into the mix. Bake until middle is set.



Potato and Corn Chowder

Prep Time: 25 minutes
 Cook Time: 45 minutes
 Servings: 6 servings

Ingredients:

4 slices	Bacon, chopped
1 each	Onion, diced
1 each	Red pepper, diced
½ tsp (2 mL)	Salt
¼ tsp (1 mL)	Black pepper
4 cup (1 L)	Chicken stock, low sodium
2 each	Potatoes, diced
1 cup (250 mL)	Corn, frozen
½ cup (125 mL)	Peas, frozen
2 each	Green onion, chopped
1 cup (250 mL)	Table cream, 18%
¾ cup (180 mL)	Cheddar cheese, shredded

Method:

1. In large pot, cook bacon over medium heat until crispy.
2. Add onions, red pepper, salt and pepper. Cook until onions have softened.
3. Stir in chicken stock and potatoes. Bring to a boil and reduce to a simmer. Continue simmering for 20 minutes or until potatoes are tender.
4. Add corn, peas and green onion and return to a simmer.
5. Stir in cream and simmer until your desired thickness.

Serve with shredded cheddar cheese.

Nutrition Facts		Valeur nutritive	
Per 1 cup (250 mL)			
par 1 tasse (250 mL)			
Calories	240	% Daily Value*	
Fat / Lipides	15 g	% valeur quotidienne*	20 %
Saturated / saturés 7 g		35 %	
+ Trans / trans 0.3 g			
Carbohydrate / Glucides	19 g		
Fibre / Fibres 2 g		7 %	
Sugars / Sucres 5 g		5 %	
Protein / Protéines	9 g		
Cholesterol / Cholestérol	35 mg		
Sodium	410 mg	18 %	
Potassium	400 mg	9 %	
Calcium	150 mg	12 %	
Iron / Fer	1 mg	6 %	

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Chef's Tips: Serve with cooked shredded chicken for a more substantial meal.

Beef and Barley Stew

Prep Time: 20 minutes
Cook Time: 1 hour
Servings: 4 servings

Ingredients:

1 tbsp (30 mL)	Olive oil
1 lb (454 g)	Diced beef, ½ in.
1 each	Onion, chopped
4 cloves	Garlic, minced
2 tbsp (30 mL)	Tomato paste
½ tsp (2 mL)	Salt
2 cup (500 mL)	Beef stock
3 cup (750 mL)	Water
1 each	Potato, diced
1 tsp (5 mL)	Thyme
1 each	Bay leaf
½ cup (125 mL)	Peal barley
¼ cup (60 mL)	Carrots, frozen
¼ cup (60 mL)	Peas, frozen
2 tbsp (30 mL)	Balsamic vinegar

Method:

1. In medium sized pot, heat olive oil on high heat and add beef. Cook beef until nicely browned.
2. Reduce heat to medium, stir in onions and garlic and cook until onions have softened.
3. Stir in tomato paste and salt. Cook for 2 minutes being careful not to burn.
4. Add beef stock, water, potato, thyme, bay leaf and barley. Cover and simmer for 40-45 minutes until beef is tender. Add more water if necessary.
5. Stir in frozen carrots and peas. Remove bay leaf and stir in balsamic vinegar.

Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL)	
par 1 tasse (250 mL)	
Calories 230	% Daily Value*
Fat / Lipides 6 g	8 %
Saturated / saturés 2 g	10 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 24 g	
Fibre / Fibres 4 g	14 %
Sugars / Sucres 3 g	3 %
Protein / Protéines 21 g	
Cholesterol / Cholestérol 50 mg	
Sodium 470 mg	20 %
Potassium 650 mg	14 %
Calcium 40 mg	3 %
Iron / Fer 3 mg	17 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	



Chef's Tip: For a higher calorie and creamy meal, stir 2 tbsp (30 mL) cream into 1 cup (250 mL) of soup when serving.

Chicken and Dumpling Stew

Prep Time: 20 minutes
 Cook Time: 45 minutes
 Servings: 4 servings

Ingredients:

1 tbsp (15 mL)	Butter
3 tbsp (45 mL)	Vegetable oil
1 lb (454 g)	Chicken thigh, boneless and skinless
As needed	Flour
1/2 cup (125 mL)	Onion, chopped
2 cloves	Garlic, chopped
1/2 cup (125 mL)	Carrot, diced
1/2 cup (125 mL)	Parsnip, diced
1 each	Bay leaf
1 tsp (5 mL)	Sage
1/4 tsp (1 mL)	Salt
3 cup (750 mL)	Chicken stock
1/3 cup (75 mL)	Frozen peas

Dumplings

2/3 cup (160 mL)	Flour
1/2 tsp (2 mL)	Parsley flakes
1/2 tsp (2 mL)	Baking powder
1/4 tsp (1 mL)	Baking soda
Pinch	Salt
2 tbsp (30 mL)	Butter
1/3 cup (80 mL)	Milk

Method:

1. In large pan with a tight fitting lid, heat butter and oil to medium heat.
2. Season chicken with salt and black pepper and dust in flour. Pan fry chicken until golden brown. Remove from pan and set aside.
3. In same pan, reduce heat and cook onions and garlic until onions have softened.
4. Stir in carrots and parsnips and cook until parsnips have softened.
5. Add bay leaf, sage, salt and chicken stock. Add browned chicken and simmer for 15 minutes.
6. For dumplings, mix together flour, parsley, baking powder, baking soda and salt in a large bowl.
7. Rub butter into flour and stir in milk to form soft dough.
8. Drop 1 inch dumplings into simmering stew and cover. Simmer for another 15 minutes. Dumplings will double in size.
9. Remove from heat and gently stir in frozen peas.



Nutrition Facts	
Valeur nutritive	
Per 1 cup (250 mL) par 1 tasse (250 mL)	
Calories 410	% Daily Value*
Fat / Lipides 21 g	28 %
Saturated / saturés 6 g	
+ Trans / trans 0.2 g	30 %
Carbohydrate / Glucides 26 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 28 g	
Cholesterol / Cholestérol 115 mg	
Sodium 510 mg	22 %
Potassium 450 mg	10 %
Calcium 75 mg	6 %
Iron / Fer 3 mg	17 %
*5% or less is a little, 15% or more is a lot	
*5% ou moins c'est peu, 15% ou plus c'est beaucoup	

Chicken Enchiladas

Prep Time: 15 minutes
Cook Time: 2 hours
Servings: 4 servings

Ingredients:

4 each boneless and skinless	Chicken thigh
1/2 tsp (2 mL)	Paprika
1/2 tsp (2 mL)	Cumin
1/2 tsp (2 mL)	Chili powder
4 cloves	Garlic, crushed
1 each	Onion, diced
1 cup (250 mL)	Red pepper, diced
1 cup (250 mL)	Can of black beans, drained and rinsed
1/2 cup (125 mL)	Tomatoes, canned, diced
8 each	6" Flour tortilla
1/2 cup (125 mL)	Monterey jack cheese, shredded
1/4 cup (60 mL)	Sour cream
1/4 cup (60 mL)	Cilantro, chopped

Method:

1. Preheat oven to 325°F (160°C).
2. Rub chicken thighs with paprika, cumin, chili powder and crushed garlic and place in oven proof dish.
3. Add onions, red peppers, black beans and top with tomatoes.
4. Cover tightly with foil and place in oven for 1 1/2 hours or until chicken begins to fall apart. Pour out and save any liquid from dish.
5. Using 2 forks, shred chicken and divide mixture into and place into clean baking dish.
6. Pour remaining liquid on top of rolled tortillas and sprinkle with cheese. Cover and return to the oven for 15 minutes until cheese is melted.
7. Top with sour cream and garnish with chopped cilantro.

Nutrition Facts

Valeur nutritive

Per 2 enchiladas (300 g)
par 2 enchiladas (300 g)

Calories 420	% Daily Value*
% valeur quotidienne*	
Fat / Lipides 14 g	19 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 46 g	
Fibre / Fibres 8 g	29 %
Sugars / Sucres 4 g	4 %
Protein / Protéines 27 g	
Cholesterol / Cholestérol 70 mg	
Sodium 720 mg	31 %
Potassium 400 mg	9 %
Calcium 200 mg	15 %
Iron / Fer 4 mg	22 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup



Chef's Tips:

- Customize to your taste. Try using different veggies or remove beans and peppers for a simpler meal.
- This is a great recipe for batch cooking. Double the recipe and freeze pulled chicken for later use!

Meatloaf Meatballs and Noodles

Prep Time: 25 minutes
 Cook Time: 45 minutes
 Servings: 6 servings

Ingredients:

1 lb (454 g)	Ground beef, lean
1 cup (250 mL)	Onion, grated
2 cloves	Garlic, minced
¼ tsp (1 mL)	Salt
¼ tsp (1 mL)	Black pepper
1 tbsp (15 mL)	Worcestershire sauce
2 tbsp (30 mL)	Parsley, dried
½ tsp (2 mL)	Oregano, dried
1 each	Egg
¼ cup (60 mL)	Breadcrumbs
3 tbsp (45 mL)	Ketchup
1 tbsp (15 mL)	Cider vinegar

Tomato Sauce

2 tbsp (30 mL)	Olive oil
½ cup (125 mL)	Onion, chopped
3 cloves	Garlic, chopped
2 cup (500 mL)	Tomato puree, canned
1 tsp (5 mL)	Honey
½ tsp (2 mL)	Oregano, dried
340 g	Egg noodles, cooked according to instruction on package

Method:

1. Preheat oven to 425°F (218°C).
2. In large bowl, mix ground beef with grated onion, garlic, salt, black pepper, Worcestershire sauce, parsley, oregano, egg and breadcrumbs.
3. Form into 12 balls and place in baking dish. Bake in preheated oven for 5 minutes.
4. Mix ketchup together with cider vinegar and brush into meatballs. Return to oven and continue baking for 10 minutes or until internal temperature reaches 160°F (71°C).
5. For tomato sauce, heat olive oil in large sauce pan and cook onions until softened. Add garlic and cook until fragrant.
6. Add tomato puree, honey and oregano. Reduce heat to a simmer and cook for 15 minutes.
7. Stir cooked egg noodles into hot tomato sauce and serve with meatloaf meatballs.

Chef's Tips: This recipe is great with a mixture of ground pork and beef or even ground turkey.



Nutrition Facts Valeur nutritive

Per 1/6 recipe
 par 1/6 recette

	% Daily Value*
	% valeur quotidienne*
Calories 440	
Fat / Lipides 14 g	19 %
Saturated / saturés 4 g	23 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 20 g	
Fibre / Fibres 3 g	11 %
Sugars / Sucres 10 g	10 %
Protein / Protéines 25 g	
Cholesterol / Cholestérol 80 mg	
Sodium 560 mg	24 %
Potassium 900 mg	19 %
Calcium 100 mg	8 %
Iron / Fer 5 mg	28 %

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup



Beef and Broccoli Stir Fry

Prep Time: 25 minutes
 Cook Time: 15 minutes
 Servings: 6 servings

Ingredients:

- 200 g Chow mien noodles, dry
- 1 tbsp (15 mL) Vegetable oil
- 2 tbsp (30 mL) Soy sauce
- 2 tbsp (30 mL) Sesame oil
- 1 tsp (5 mL) Chili flakes (optional)
- 1/8 tsp (1/2 mL) Black pepper
- 2 cloves Garlic, minced
- 1 tbsp (15 mL) Ginger, minced
- 1 tbsp (15 mL) Honey
- 3 tbsp (45 mL) Vegetable oil
- 1 lb (454 g) Beef, 1/3 in. strips
- 2 cup (500 mL) Broccoli, cut into small florets
- 1/2 each Red pepper, thinly sliced
- 1/2 each Onion, sliced
- 1 tbsp (15 mL) Sesame seeds (optional)
- 3 each Green onion, sliced

Method:

1. Cook chow mien noodles per package instructions. Drain and toss with 1 tbsp (15 mL) vegetable oil to coat. Set aside
2. In a small bowl, mix soy sauce, sesame oil, chili flakes, black pepper, garlic, ginger and honey together. Set aside.
3. In a large frying pan or wok heat 3 tbsp (45 mL) vegetable oil on high heat.
4. Fry beef while stirring for 1 minute.
5. Add broccoli, red peppers and onions while stirring. Cook until onions have softened.
6. Stir in soy sauce mixture and add cooked chow mien. Toss to coat and warm noodles
7. Add sesame seeds and green onions.

Nutrition Facts Valeur nutritive

Per 1 cup (250 mL)
 par 1 tasse (250 mL)

	% Daily Value*
	% valeur quotidienne*
Calories 380	
Fat / Lipides 23 g	31 %
Saturated / saturés 4 g	
+ Trans / trans 0.4 g	23 %
Carbohydrate / Glucides 23 g	
Fibre / Fibres 2 g	7 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 50 mg	
Sodium 700 mg	30 %
Potassium 400 mg	9 %
Calcium 50 mg	4 %
Iron / Fer 3 mg	17 %

*5% or less is a little, 15% or more is a lot
 *5% ou moins c'est peu, 15% ou plus c'est beaucoup

Three Cheese Macaroni and Cheese

Prep Time: 15 minutes
Cook Time: 30 minutes
Servings: 4 servings

Ingredients:

2 tbsp (30 mL)	Butter
2 tbsp (30 mL)	Flour
3 cup (750 mL)	Milk
1 tsp (5 mL)	Onion powder
½ tsp (2 mL)	Garlic powder
¼ tsp (1 mL)	Thyme, dried
½ tsp (2 mL)	Salt
2 tbsp (30 mL)	Dijon mustard
2 tbsp (30 mL)	Cream cheese
½ cup (125 mL)	Cheddar cheese, shredded
¼ cup (60 mL)	Mozzarella cheese, shredded
3 cup (750 mL)	Cooked macaroni

Method:

1. In a medium saucepan melt butter and stir in flour. Toast flour while stirring to avoid burning. Slowly add milk and stir to combine.
2. Add onion powder, garlic powder, thyme and salt. Bring to a simmer and cook for 5 minutes.
3. Add Dijon mustard and cream cheese, stir until melted. Add shredded cheddar and mozzarella cheese and stir again until melted.
4. Fold in cooked macaroni and season to taste.

Nutrition Facts

Valeur nutritive

Per ½ cup (125 mL)
par ½ tasse (125 mL)

Calories 250	% Daily Value*
Fat / Lipides 13 g	17 %
Saturated / saturés 7 g	35 %
+ Trans / trans 0.4 g	
Carbohydrate / Glucides 23 g	
Fibre / Fibres 1 g	4 %
Sugars / Sucres 7 g	7 %
Protein / Protéines 10 g	
Cholesterol / Cholestérol 40 mg	
Sodium 480 mg	21 %
Potassium 250 mg	5 %
Calcium 250 mg	19 %
Iron / Fer 0.75 mg	4 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Creamy Polenta Pie

Prep Time: 20 minutes
Cook Time: 45 minutes
Servings: 8 servings

Ingredients:

1 lb	(454 g)	Ground beef, lean
¼ tsp	(1 mL)	Salt
¼ tsp	(1 mL)	Black pepper
1 each		Onion, diced
3 cloves		Garlic, chopped
1 tbsp	(15 mL)	Flour
½ tsp	(2 mL)	Oregano
2 tbsp	(30 mL)	Worcestershire sauce
¼ cup	(60 mL)	Frozen carrots
¼ cup	(60 mL)	Frozen peas
1 cup	(250 mL)	Half and half cream

Creamy Polenta Topping

1 ½ cup	(375 mL)	Chicken stock, low sodium
2 cup	(500 mL)	Half and half cream
⅛ tsp	(½ mL)	Salt
½ cup	(125 mL)	Cornmeal
2 tbsp	(30 mL)	Butter
2 tbsp	(30 mL)	Parmesan cheese, grated

Method:

1. Preheat oven to 350°F (180°C).
2. In large pan over medium heat brown ground beef and season with salt and pepper.
3. Add onions, garlic, flour and oregano to pot and cook until onions have softened. Stir in Worcestershire sauce.
4. Stir in cream and frozen vegetables. Cook for 2 minutes to reduce the cream by half and pour into 8 in. x 8 in. baking dish.
5. In a large pot bring chicken stock, half and half and salt to a simmer, whisk in cornmeal. Reduce to a simmer and cook for 15 minutes while stirring.
6. Stir in butter and parmesan cheese. Cook for an additional 2 minutes.
7. Spread on top of cooked ground beef. Place into oven and bake for 15 minutes.



Nutrition Facts Valeur nutritive

Per ⅛ recipe (200 g)
par ⅛ recette (200 g)

Calories 340	% Daily Value*
	% valeur quotidienne*
Fat / Lipides 22 g	29 %
Saturated / saturés 11 g	60 %
+ Trans / trans 1 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibre 1 g	4 %
Sugars / Sucres 6 g	6 %
Protein / Protéines 20 g	
Cholesterol / Cholestérol 90 mg	
Sodium 350 mg	15 %
Potassium 400 mg	9 %
Calcium 125 mg	10 %
Iron / Fer 2.25 mg	13 %

*5% or less is a little, 15% or more is a lot
*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Peanut Butter Protein Bites

Prep Time: 15 minutes
Servings: 6 servings

Ingredients:

1 cup (250 mL)	Almonds, whole and roasted
1/3 cup (80 mL)	Pumpkin seeds, roasted
5 each	Prunes, pitted
3/4 cup (180 mL)	Peanut butter
2 tsp (10 mL)	Vanilla extract
Pinch	Salt
1/4 cup (60 mL)	Chocolate chips, melted

Method:

1. Line baking tray with parchment paper and set aside.
2. Place roasted almonds and roasted pumpkin seeds in a food processor and pulse until almonds are finely chopped.
3. Add prunes, peanut butter, vanilla extract and salt.
4. Blend just until mixture comes together in a large ball and peanut butter is mixed in. Do not over blend.
5. Roll into 1 tbsp (15 mL) balls and dip into melted chocolate. Immediately place onto parchment lined tray and let sit until chocolate is firm.

Chef's Tip: Place in freezer for a great snack at anytime!

Nutrition Facts

Valeur nutritive

Per 3 pieces (60 g)
par 3 pièces (60 g)

	% Daily Value*
	% valeur quotidienne*
Calories 320	
Fat / Lipides 25 g	33 %
Saturated / saturés 5 g	25 %
+ Trans / trans 0 g	
Carbohydrate / Glucides 16 g	
Fibre / Fibres 5 g	18 %
Sugars / Sucres 8 g	8 %
Protein / Protéines 12 g	
Cholesterol / Cholestérol 0 mg	
Sodium 160 mg	7 %
Potassium 250 mg	5 %
Calcium 50 mg	4 %
Iron / Fer 2.25 mg	13 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup

Honey Lemon Loaf

Prep Time: 15 minutes
Cook Time: 40 minutes
Servings: 12 servings

Ingredients:

1 ½ cup (375 mL)	Flour
¼ tsp (1 mL)	Baking soda
½ tsp (2 mL)	Baking powder
Pinch	Salt
2 each	Egg
½ cup (125 mL)	Honey
⅓ cup (80 mL)	Butter, melted
¼ cup (60 mL)	Milk
2 tsp (10 mL)	Vanilla extract
1 each	Lemon, juice and zest

Method:

1. Preheat oven to 375°F (180°C). Line loaf pan with parchment paper and set aside.
2. In a large bowl combine flour, baking soda, baking powder and salt. Set aside.
3. In a separate bowl whisk eggs, honey, melted butter, milk, vanilla, lemon juice and zest until well incorporated.
4. Fold wet ingredients into dry ingredients until just combined. Do not over mix.
5. Pour batter into lined pan and bake for 35-40 minutes or until inserted toothpick comes out clean.

Nutrition Facts Valeur nutritive

Per slice (50 g) par tranche (50 g)	
Calories 160	% Daily Value* % valeur quotidienne*
Fat / Lipides 6 g	8 %
Saturated / saturés 3.5 g	18 %
+ Trans / trans 0.2 g	
Carbohydrate / Glucides 24 g	
Fibre / Fibres 0 g	0 %
Sugars / Sucres 12 g	12 %
Protein / Protéines 3 g	
Cholesterol / Cholestérol 45 mg	
Sodium 90 mg	4 %
Potassium 50 mg	1 %
Calcium 30 mg	2 %
Iron / Fer 1 mg	6 %

*5% or less is a little, 15% or more is a lot

*5% ou moins c'est peu, 15% ou plus c'est beaucoup



Chef's Tips: If you have a sweet tooth, add a glaze or serve with your favourite jam.

Caregiver Tips

Self-care

- Educate yourself. Learn about the role of the caregiver and your loved one's illness, medication side effects and the illness trajectory. Knowledge can bring a feeling of peace.
- Caregiving is a team effort. Make a list of people who are committed to helping. Identify the tasks, schedule and consider the talents, availability and treasures that others may provide. Don't be afraid to call upon your team when needed.
- Communication is key. Encourage your loved one to share his/her emotions, thoughts, symptoms and challenges. Be supportive by listening and try to understand through his/her perspective. Having a safe, trusting relationship helps open dialogue. A palliative care counsellor can provide guidance into these types of conversations.
- Accept and roll with change. Changes may include physical ability, emotional status, appetite, energy, sensory, mood and motivation. Be ready to adapt.
- Connect with others. Check out hospice palliative care and any other caregiver resources in your community that can assist you along the way. Welcome both professional and palliative care volunteer support.
- Involve your loved one. Even if he/she cannot physically communicate, give opportunity to involve him/her by listening to conversations. This provides a sense of some personal control and helps communication between you. Maybe he/she can guide you on how to make their favourite dish.
- Find others who "get it". Being around others who have experienced a similar situation can provide the kind of support you may need. Connect with a Caregiver Support Group at your local hospice or other community organizations.

Body Issues and Nutrition

- Large meals may need to be replaced by small snacks enjoyed throughout the day. Large meals may produce feelings of fullness and nausea.
- Care should focus on what your loved one enjoys eating and can readily tolerate. Food and fluids should neither be actively forced nor actively withheld.
- Be in tune with subtle indicators. For example, you may notice a change in his/her appetite post-treatments or upon taking certain medications. Encourage your loved one to help you understand what is different. By better understanding their reasoning, you will be more equipped to remedy the underlying cause for the change.
- Constipation, weight loss (cachexia) and appetite loss (anorexia) are some of the most common problems encountered in palliative care and should be routinely assessed. Offers of small portions of nutrient rich foods may help.
- Be mindful of how medication (i.e. chemo drugs) impact sensitively to the smell and temperature of food (i.e. holding cold beverages, strong smells like fish).

Oral Care

- Focus should be on keeping his/her the mouth clean and moist; to increase comfort and prevent oral complications.
- A dry mouth can be helped with measures such as
 - o Good oral hygiene
 - o Offer chewing gum (sugar-free), ice cubes and frozen fruit, such as pineapple, to suck on, or sour candies to help produce saliva.
 - o Oral balance gel, dry mouth sprays or rinses

When you may need to call your health care team

- Uncontrolled nausea and vomiting.
- Coughing or choking on fluids occurs. This could mean that your loved one needs a different texture of food.
- If you suspect a thrush infection. Look for white patches on the tongue.
- Your loved one complains of a sore mouth, sore throat, dry scratchy throat, hoarseness or problems swallowing.
- If you notice any open, bleeding or painful sores or cuts in their mouth

Cooking and Serving Tips

- Cook in batches. Prepare and freeze meals in small containers, so they are available whenever you need them.
- Prepare a mix of favourites, comfort/craving foods, easy to digest, fun; options that suits your needs.
- Increase calorie, nutrient and fat content if there is a lack of appetite, so that a small portion provides maximum nutrition.
- Serve smaller portions more frequently rather than three large meals. Serve larger portions when energy is most available (likely earlier in the day).
- Presenting food in a pleasant manner helps create interest; use garnish, colours and accents.
- Serve food in an inviting environment. Dining with others makes eating more enjoyable.
- Try to avoid processed foods, preservatives and additives as whole food has more nutrients.

A Caregivers Guide: Cooking for Palliative Care and the Family

Food is Love

It is the intention for this book to give people the power to create wholesome food, the opportunity to share meals and moments with family and friends, and to make every bite count.

