Culinary Management-Nutrition graduate Geremy Capone believes that eating well contributes to healing: “For medical treatment to be at its best you have to be at your optimal health.”

That’s the idea behind BRUNCH, Building Recipes and Understanding Nutrition for Cancer-survivor Health, an initiative of the University Health Network’s Electronic Living Lab for Interdisciplinary Cancer Survivorship Research (ELLICSR).

From 2008 to 2009, Capone and twenty-nine other Culinary Management-Nutrition students contributed their passion for food to BRUNCH, designing and testing recipes for survivors of colon cancer in a project led by Winnie Chiu and Chef James Smith at George Brown’s Centre for Hospitality & Culinary Arts and funded by the Natural Sciences and Engineering Research Council (NSERC).

Principal Investigator Winnie Chiu explains that while the hospital has registered dieticians who know about nutrition, “George Brown brought the positive eating experience.” For Chiu, healthy on its own is not enough. The challenge is, “How can you incorporate healthy ingredients such as tofu and fish into a recipe, and turn it into a tasty dish?”

George Brown students showed them how. Cancer survivors participating in the BRUNCH study attended cooking demos led by students, then tested the George Brown-developed recipes at home. ELLICSR Research Analyst Menaka Pulandiran reports that participants enjoyed the flavour of the food and “…88% said that they were likely to include these recipes in their diet.”

Capone, now the Culinary and Wellness Specialist at ELLICSR, continues to test recipes and teach cooking classes to cancer survivors.

“It’s what I love to do,” he says. “If you can give someone a self-management skill, so they can ultimately govern another part of their life that they couldn’t before—it’s gratifying.”

**RECIPE DEVELOPMENT**

**PROJECT ESSENTIALS**

**Principal Investigator:** Winnie Chiu  
**Years Active:** 2008-09  
**Campus:** St. James  
**Support from:** Natural Sciences & Engineering Research Council (NSERC)  
**Industry Partners:** University Health Network

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GEORGE BROWN STUDENTS TEACH THE POWER OF HEALING THROUGH THE JOYS OF COOKING