

32. Preparing Meals & Drinks

Fatigue and other side-effects of treatment such as nausea can make preparing meals and drinks difficult. However it is very important that you continue to eat well and drink plenty of fluids as under-nutrition can make these problems worse and impact on your treatment and its outcomes.

How can I manage this?

Eating small regular meals and snacks is often more manageable than 3 large meals per day, so ignore the rules and eat what you want when you feel at your best.

Convenience foods such as frozen meals, tinned foods and ready meals are also good for when you want something quick and easy to prepare. These foods can be purchased when you are feeling well and kept for the days you don't feel so good. You can also make the most of your good days by planning ahead and cooking your favourite foods for freezing and use later on. Alternatively you could also try a meal delivery company (see below for further information).

Note: Remember to defrost frozen foods thoroughly and cook all foods properly to avoid any risk of food poisoning.

This is also a good opportunity to give family and friends the chance to help by doing some shopping or cooking for you.

If you really can't face eating, try a nourishing drink. You can make a smoothie by blending bananas, peaches, strawberries or other soft fruit (fresh or frozen) with milk, fruit juice, ice cream or yoghurt. Alternatively you could try drinks such as milk, ready made smoothies, fruit juice, cocoa, Horlicks, and Ovaltine as they are often more nutritious than water, low calorie drinks, tea and coffee. Some high calorie, fortified drinks and soups are also available via supermarkets and pharmacies e.g. Complan and Build-Up.

If problems with eating and/or drinking persist and it is impacting upon your weight, mood or energy levels your GP/ District Nurse and local Dietetic department can support you in identifying ways of preparing and accessing nutritious meals and they may also consider nutritional supplements.

Frozen Meal Delivery Service

Some companies offer a frozen meal delivery service, each week you choose the meals you would like place your order and when they are delivered you pay the delivery person with either cash or cheque. Place the meals in the freezer until they are ready to be cooked either in conventional oven, microwave or Mikrofix microwave (- bespoke microwave which enables customers to heat meals with one press of a button. Each meal lid shows a corresponding button to press on the microwave) Some people may be eligible for help towards the cost of this service, speak to local authority social work services for eligibility criteria.

Local Resources:

Resource	Contact Details
Peninsula Care Devon Domiciliary care: providing support to enable vulnerable adults to remain in their homes. We assist with personal care, shopping, domestic, medication	Contact: Roger Felipe Address: Airport Business Centre, Thornbury Road, Estover, Plymouth, PL6 7PP Tel: 01752 695448 Email: www.peninsulacaredevon@btconnect.com Website: www.peninsulacaredevon.co.uk
Assistants at Hand Domiciliary home care service situated in Plymouth providing the support needed for adults to remain in-dependent in your own home.	Contact: Lisa Battershill Address: 117 Beaumont Road, St Judes, Plymouth, PL4 9EF Tel: 01752 254312 Email: lisab@assistantsathand.com Website: www.assistantsathand.com
Mustard Tree Cancer Support & Triangle Drop In Centres Ask questions, share concerns, offers a range of services including benefits advice. Support, advice and information for cancer patients and their carers	Mustard Tree, Derriford Hospital: Monday to Friday from 9am to 5pm 01752 430060/01752 431468 Kingsbridge: Tuesdays 10am to 4pm 01548 852349 Liskeard: Thursdays 10am to 4pm 01579 373500 Tavistock: Fridays 10am to 4pm 01822 615935
Wiltshire Farm Foods Large selection of frozen meals can be ordered (online or telephone) and delivered straight to your front door	Wiltshire Farm Foods Website: www.wiltshirefarmfoods.com (24 hours a day, 7 days a week) Tel: 0800 0663366
Oakhouse Foods Meals and groceries that can be ordered online or over the telephone and delivered directly to your door	Oakhouse Foods Website: www.oakhousefoods.co.uk Tel: 0333 3702514
Blue Skies Catering Deliver freshly cooked meals, daily if required	tel: 01822 618870 mobile: 07523 054530 email: julie@blueskies.catering http://blueskies.catering/ https://www.facebook.com/pages/Blue-Skies-Catering/1050028278446576
Other Resources	Your GP, Oncology Doctor, Specialist Nurse, Support Worker, District Nurse, Occupational Therapist or Physiotherapist.

National Resources:

Macmillan Cancer Support booklets: – available free from the Mustard Tree Cancer Support Centre
Recipes for People Affected by Cancer
Health Eating and Cancer
The Building up Diet
Eating Problems and Cancer

Further Information:

Resource	Contact Details
Frozen Meal Delivery Service	Wiltshire Farm Foods http://www.wiltshirefarmfoods.com 24 hour Customer Helpline 0800 773 773 Oakhouse Foods http://www.oakhousefoods.co.uk/ 0845 643 2009 Blue Skies Catering http://blueskies.catering/ 01822 618870 mobile: 07523 054530
Macmillan Cancer Support Provide comprehensive advice and information on all aspects of cancer.	www.macmillan.org.uk 0808 808 0000 (Mon-Fri, 9am-8pm)