



*As a Registered Dietitian at God's Love We Deliver, Esther provides nutrition education and counseling to clients with HIV/AIDS and other serious illnesses, their families and care-providers based on individual needs assessments. She also provides outreach to hard-to-reach and under-served communities through nutrition workshops, lectures, and education materials. Below is a blog post written by Esther on a trip she recently took with Ruth Fehr of the Palette Fund, for cancer survivors and those in treatment.*

I spent June 8 through June 14 at First Descents Surfing Camp at Nags Head, North Carolina, in the Outer Banks. No, I wasn't surfing but cutting and chopping fruits and vegetables in the kitchen. As a volunteer, I assisted Chef Ruth Fehr of the Palette Fund preparing organic, extremely healthy (and delicious) meals and snacks for 14 cancer survivors and 6 staff. First Descents sponsors adventures for 20-30 year olds who are cancer survivors or in treatment. Other camps are for kayaking, hiking, and rock climbing. This is the first season that the Palette Fund is participating. Ruth provided not only her kitchen skills but a whole philosophy of using food to support health. Camp participants were so spirited, and every one of them was able to stand up on the surf board by the end of the week.

