



## European Cancer Patient Coalition



# MARCH

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## #NutritionAwarenessMonth

Share our Patients' Stories  
and read the experts' advice!

Dear Colleagues,

Every year in March ECPC organises the Nutrition Awareness Month to increase awareness of this crucial, yet often neglected, component of cancer prevention, treatment support and rehabilitation.

For this year's edition, we have gathered several [stories](#) of cancer patients and cancer survivors who told us about their experiences. The booklet was endorsed by the European Federation of the Associations of Dietitians (EFAD) and the Medical Nutrition International Industry association (MNI).

The European Commission integrated nutrition in the [EU's Beating Cancer Plan](#) that was published on the 3rd February 2021: 'Cancer risk is heightened by the joint effects of unhealthy diets and physical inactivity'. Now it is the right moment to tackle this issue and ECPC would like to ask for the support and dissemination of this campaign.

March 2020



Social Media  
Toolkit

Patients' stories

## How can you help?

You can follow the proposed calendar that includes the banners and images to be used during the campaign but feel free to share the posts at any point during this month and even translate the posts to your own language! Do not forget to use the hashtag [#NutritionAwarenessMonth](#).

Thank you so much for your support and kind regards,

## ECPC Team



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My kid was 3 years old when she was diagnosed with cancer. Because of her treatment she couldn't follow the nutrition programme for small children. I was very worried about her daily nutrition as I wasn't given a special diet for a little kid.

Menia Koukougiani,  
founder of NGO KARKINAKI, Awareness for childhood  
and adolescent cancer



@ECPCfb



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