



### The 4<sup>th</sup> Pink Party for the Cure

BCFE held the exciting and fun Pink Party for the Cure ZUMBATHON® for the 4th time at the Cairo Marriott Hotel. The party was beyond successful; everyone enjoyed the moves that were performed by Zumba Instructors: Jessie Larsen, Emeline Lavender, Ola El Abany, Denise Granai, Svetlana Nour and Yara Adel. The 5th Pink Party for the Cure is expected to be held in October this year.



### BCFE Awareness Campaign

For 20 days, BCFE's Team was at Maadi City Centre. Many mall visitors were interested in knowing more about breast health. This awareness campaign attracted many men as well as young ladies. Such a campaign helps BCFE interact with people and conquer the fear of breast cancer.



# Healthy Food That Doesn't Cost a Fortune?

Yes, Please



## Buy in Bulk

Want to have nutritious meals all week long and save money in the process? You can accomplish both by either creating a list of your favorite meal staples or selecting a couple of recipes to prepare and then hitting the grocery store to stock up.

## Don't Forget the Freezer

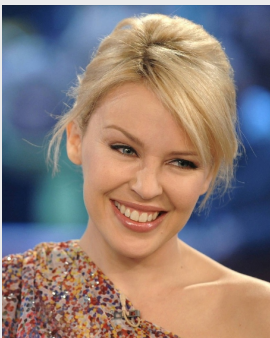
Frozen vegetables and fruits provide fresh, nutritious produce for less. Even proteins such as fish and shellfish can be purchased in bulk frozen. And once you buy and cook, store the leftovers in the freezer for easy go-to meals that cost nothing, since you already made them.

## Embrace the Season

Another trick is to pick one of your favorite vegetables or fruits that is in season and make it the focus of your meal.

## Use It All

Buying certain foods in bulk — especially meats and produce — can lead to not only multiple servings of the same dish, but multiple dishes. Two great examples are bananas and whole chickens. You can eat fresh bananas as a snack, add them to yogurt, or pair them with some peanut butter and whole-grain bread. But sometimes you can't eat them fast enough and some get bruised or overripe. When that happens, don't throw them away. Instead, you can freeze them and to use as a base for smoothies or you can mash them up and bake some delicious banana bread. For chicken, you can enjoy the meat from a roast chicken one night and use the bones and leftover meat to start the base of a chicken and vegetable soup. Alternatively, you can start with the soup (using lots of affordable root veggies), and reserve some of the meat for another chicken dish.



### Kylie Minogue

"Having had cancer, one important thing to know is you're still the same person at the end. You're stripped down to near zero. But most people come out the other end feeling more like themselves than ever before."

## Contact us:

33 Kasr El Aini Street, Suite 25, Floor 7, Fom El Khalig- Cairo 1141

Hotline: 19417

Email: [info@bcfe.org](mailto:info@bcfe.org)



Facebook



Twitter



Instagram



Website