

IPOS is dedicated to bringing comfort to patients with cancer and their families around the globe. We also often talk to patients about what foods are their favorites for “comfort”. And we all have our own favorite “soul” food! As a psychosocial and comfort food expert, you are being asked to contribute to a cookbook that IPOS will publish to be sold at the World Congress in July 2015: *“The IPOS Cookbook of Comfort Foods Around the World”*. The proceeds will go to support the IPOS/WHO Academies, with the next one to be held in Africa with the AORTIC Cancer Congress in November 2015.

What is your favorite comfort food (and why)?

The request is that you think about the particular dish or food that you or people in your culture identify as a comfort food. Use the attached form, giving the title of the recipe, followed by your name and why you think it is beloved. If you have a picture of the dish, even better, include it. Chicken soup crosses lots of national borders as a choice, but there may be some outliers we don’t know. Texas chili and kangaroo stew have been put forward. I will not reveal the country of origin of either. When all are submitted, we will see which wins as the favorite in the most countries.

This is a lighthearted effort that will make us smile, even laugh a little at ourselves and our stressful work, while raising monies for the Academies **in low and middle income countries**. It is a win-win proposition. We hope you will participate, talk it up and ask colleagues to do the same. You can also submit more than one dish if you find it is too hard to choose just one. To submit your recipe(s), fill out the Comfort Food Recipe form attached and email it to Ivy Belardo at aposipos@gmail.com. The deadline for submissions is May 1, 2015.

Best culinary wishes,

Jimmie Holland, MD

Maggie Watson, PhD

Luigi Grassi MD

IPOS Founding President

IPOS Past President

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