

FOR IMMEDIATE RELEASE

Businesses Deliver Hope, Helping Hands & Healthy Food to Local Cancer Patients

Ovations for the Cure of Ovarian Cancer and Healthy Habits Kitchen partner to deliver nutritious food free of charge to local ovarian cancer patients.

May 3, 2011, Natick & Wellesley, MA – Ovations for the Cure of Ovarian Cancer (www.ovationsforthecure.org), a non-profit organization dedicated to the pursuit of a cure for ovarian cancer and Healthy Habits Kitchen (www.healthyhabitskitchen.com), a company dedicated to making it easy for individuals and families to eat healthy, today announced the two organizations have teamed up for Ovations *Helping Hands* program, which began on March 20th.

“Thousands of women in Massachusetts have ovarian cancer and the recovery period can take months, depending upon the severity and prognosis,” said Lisa Collamore, Director of Operations for Ovations. “A healthy, well-balanced diet is a critical component to recovery however, the time and effort it takes to prepare meals is often more than a patient or caregiver can manage. By making it easy for individuals and families to prepare a healthy meal, we hope to ease the burden of ovarian cancer recovery and caregiving.”

Sponsored by The Julie Fund For Women’s Cancers in Wellesley and Morphotek, a biotechnology company focused on the generation of proprietary organisms for product discovery and development, the Ovations *Helping Hands* program delivers Healthy Habits Kitchen’s nutritionally-balanced meal kits to qualifying patients, families and caregivers in Massachusetts. Every month, eight patients each receive a delivery of eight freezer-friendly meal kits with one side dish. Patients or caregivers can use the kits right away or stock their freezer.

A Healthy Habits Kitchen meal kit contains everything that is needed to cook a nutritionally balanced meal easily in less than 30 minutes. The kits contain locally sourced and high-quality ingredients, such as pre-chopped vegetables and fruit, a protein, sauce and spices, depending upon the recipe. Individuals follow the directions on the box, making hot lunch and dinner entrees like Grilled Grouper with Lime-Basil Pistou, Pork Diane, Shrimp Putanesca with Wheat Pasta and Walnut Crusted Chicken with Apple Chutney.

“To be able to come home after a long day of Chemo and give myself, as well as my family, a healthy meal has been fantastic,” said Donna M. who was selected to participate in the program because of her second occurrence of ovarian cancer. She is the mother of two teenagers, aged 11 and 14. “I feel good about the fact that I am taking care of myself by eating properly and am stronger to be able to fight this disease.”

There is no cost to participate in the program and patients who are interested in applying can do so at http://www.ovationsforthecure.org/programs/helpinghands_form.php. Or, for more information, visit http://www.ovationsforthecure.org/programs/programs_helpinghands.php.

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About Ovarians for the Cure of Ovarian Cancer

Ovarians for the Cure, Inc. is a 501(c)(3) non-profit organization dedicated to the relentless pursuit of a cure for ovarian cancer in three critical ways. First, by providing critical funding of new and ongoing ovarian cancer research and treatment initiatives. Second, by actively increasing the awareness of the subtle signs and symptoms of this silent disease. Third, by giving hope, education and comfort to those currently battling ovarian cancer through its patient programs. The organization was founded in 2006 by nine-year ovarian cancer survivor Patricia Franchi Flaherty, who also lost her mother to the disease. Patty decided to dedicate her life to raising awareness of the risk factors and subtle warning signs of this often overlooked women's cancer so no other women would have to endure what she did. For more information about Ovarians, please visit www.ovationsforthecure.org.

About Healthy Habits Kitchen

Founded in 2007 and based in Wellesley, MA, Healthy Habits Kitchen creates affordable, nutritionist-approved meals that are ready to be cooked for a hot, healthy and restaurant-quality meal in minutes. It's home cooking without the time-consuming chopping, meal planning and grocery shopping, and superior restaurant flavors without the high cost, caloric content and fat. For more information, visit www.healthyhabitskitchen.com.

Press Contact: Carol Arnold, Arnold Communications, (877) 718-4604 x2,
carol@arnoldcomm.com.