

Cook for Your LIFE Founder: Ann Ogden Gaffney.

Ann is a two-time cancer survivor with a passion for food and cooking. She is a James Beard nominated cookbook author and a Dame D'Escoffier. Before founding Cook for Your LIFE, Ann had a 30-year career in Fashion that took her all over the world, including living 12 years in Paris.

While going through treatment following her second cancer diagnosis, Ann realized that there was a huge knowledge gap for patients between the facts of clinical nutrition and their application in the home kitchen. In 2007, working with collaboration with oncology dietitians and local NYC hospitals, she founded Cook for Your LIFE to teach healthy cooking to local cancer patients and survivors. Today, the Cook for Your LIFE free hands-on cooking classes have directly served some 13,000 patients in the New York area,

In 2009, as part of the Cook for Your LIFE's community programming, Ann developed several multi-class formats in both English and Spanish designed to make cooking and eating a healthier, plant rich diet more accessible to cancer survivors in NYC's underserved communities. These programs led to an ongoing collaboration between Ann, Cook for Your LIFE, and Dr. Heather Greenlee, first at Columbia, and now at the Fred Hutch. Peer reviewed papers on their work together in the Hispanic breast cancer community can be seen on [PubMed](#).

In 2012, the bilingual Cook for Your LIFE recipe and video website was launched to teach the cancer community beyond the NYC area. To date, the website serves over 225,000 a month, and has helped over 7,000,000 patients and caregivers worldwide. In July 2019 Cook for Your LIFE website became part of the Fred Hutch. Ann is now a consultant on their Cooking and Moving for Life project.