



## OUTCOME:

Engage women in learning about breast cancer awareness in a fun and social way.

## KEYS TO SUCCESS:

- Host a baking or other interactive event to help women learn about breast and cervical screening and early detection.
- Provide reminders about screening and program contact information with the cookie materials.
- Women get to take home cookies or cookie cutters along with information about breast cancer or cervical cancer screening.



## CANCER AWARENESS RIBBON COOKIES

Baking and decorating cancer awareness ribbon cookies is a fun and tasty outreach activity for women's wellness programs. Ribbon cookie cutters are a nice gift that can be given to women with screening information materials. If you do not have the facilities to host a baking event, ribbon cookie cutters and simple, homemade recipe booklets are a great prize to hand out to women at other screening awareness events.

## INGREDIENTS:

- Pre-made sugar cookie dough or ingredients to make dough from scratch
- Pink or Teal frosting, sugar sprinkles, and other edible baking decorations
- Ribbon shaped cookie cutter
- Paper plates, small paper lunch bags, cellophane, or sandwich bags for women to take cookies home
- Facts, screening guidelines, and program contact information for breast and cervical screening services

## PREPARATION:

Step 1: Gather breast or cervical cancer fact sheets and screening reminder documents to be included with the cookie materials.

Step 2: Contact local grocery stores, shops, and vendors to request donations or discounts for cookie event supplies.

Step 3: Purchase ribbon-shaped cookie cutters for baking event or for prizes for women to keep. Local stores may be able to donate these to your agency. An internet search for "ribbon cookie cutter" will lead you to many distributors, some who will provide a wholesale discount.

Step 4: Prepare cookie dough or use pre-made dough for the event. Bake accordingly and be sure to leave time for cookies to cool before decorating. Decorate with frosting, sprinkles, and other edible decorations.

Step 5: Send participants home with decorated cookies and screening reminder materials.

INCLUDING COOKIE RECIPES WITH RIBBON COOKIE CUTTERS ADDS A PERSONAL TOUCH TO YOUR OUTREACH GIFT.



DECORATED COOKIES CAN BE A GOOD CONVERSATION STARTER.



## SHARING THE RESULTS:

Publicize the cookie baking event and invite women from your target audience to participate. You may want to host the event during Saturday screenings, women's wellness programs, Elders luncheons, or other agency events.

Make sure all participants leave with information about the breast and cervical screening services and referrals provided by your agency with contact information included. With participant's permission, take pictures of the cookie decorating event to publicize future events or to include with thank you cards for donated materials.

## RECIPE TWIST:

Cookie cutters can be used for many other non-edible craft options as well. Use a "home made clay" recipe (clay recipes and instructions can be found online) or buy clay that can be baked in a home oven and use the cutters to make awareness ribbon ornaments. Hot glue magnets on the back of the clay ribbons for use as a refrigerator magnet. Agencies can write standard information on the ornaments/magnets (like the year or program name) and women can decorate using acrylic paint or other materials.

Women can make these for themselves or give them to relatives and friends. Repeat every year and they may become something to collect!



SOME ONLINE RETAILERS WILL SELL COOKIE CUTTERS AT A DISCOUNTED PRICE WHEN YOU BUY LARGE ORDERS (25 OR MORE).

## TIPS:

- Coordinate your ribbon cookie event with national cancer awareness months. October is National Breast Cancer Awareness month and January is National Cervical Health Awareness month.
- To help women in the community get to know staff members, have program staff submit a recipe for cookies or frosting. Include these recipes with the cookies or cookie cutters, or in a recipe booklet.
- Give out ribbon cookie cutters or ribbon cookies as prizes during Cancer Awareness bingo games and other events!

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