

## Summary Sheet March 2017 Eat Well, Age Well.

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate brain foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the rate of cognitive decline and increase brain function.

If they ask how they should record if they reach their weekly action plan. They can write words like, “Nailed it” or just a short note like, I ate fish twice this week, etc. on the *Monthly Tracking Calendar*.

### Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Healthy Fats*
- Placemat/handout for *All About Avocados- Avocado & Shrimp Salad*
- Table Tent- *Avocados (4x6 or 5x7 sizes)*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- *Monthly Tracking Calendar- Healthy Fats*

### Week 2: Give out/Post

- Placemat/handouts for *Coconut Oil- No bake choc. cherry oat bars*
- Table Tent- *Walnuts (4x6, 5x7 or 8 ½ x 11 sizes)*

### Week 3: Give out/Post

- Placemat/handouts for *Oils- Zucchini Bread*
- Table Tent- *Pistachios (4x6 or 5x7 sizes)*

### Week 4: Give out/Post

- Placemat/handout for *Outstanding Omega 3's- Stuffed Salmon*
- Table Tent- *Flax (4x6 or 5x7 sizes)*

**To print** the placemats on legal size paper, just hit print, they should be set up for that size of paper. To make them into a handout, go to Print and then go down to the last item that should say, 1 page per sheet, and click on the drop-down menu to select “Scale to Paper Size” and select “letter” size paper.

The table tents are available in full size version that you can post on a bulletin board, give as a handout or place in a full-size table tent holder or print the 4 x 6-inch version and place in 4 x 6 or 5 x 7-inch holder.