

Summary Sheet April 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 may 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, added tomato juice at breakfast or added kale to my salad, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout *Eat Well, Age Well. Brain Boosting Supplements*
- Placemat/handout for *Turmeric*
- Table Tent- *Limiting Sugar*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*

Week 2: Give out/Post

- Placemat/handouts for *Basil*
- Table Tent- *Basil (4 x 6 & 5 x 7 sizes available)*
- Table Tent- *MIND Diet (4 x 6 & 5 x 7 sizes available)*

Week 3: Give out/Post

- Placemat/handouts for *Thyme*
- Table Tent- *Bean (4 x 6)*

Week 4: Give out/Post

- Placemat/handout for *Oregano*
- Table Tent- *Whole Grain ((4 x 6 & 5 x 7 sizes available)*

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.