

Summary Page May 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 anti-inflammatory foods into their eating habits. You can help create excitement to try new foods. These foods will help decrease the pain associated with arthritis.

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. Arthritis*.
- Placemat/handout for *Energizing Pineapple Anti-Inflammatory Smoothie*
- Table Tent- (5 x 7) *Eat Your Fruits and Veggies!*
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- *Monthly Tracking Calendar- Arthritis*

Week 2: Give out/Post

- Placemat/handouts for *Beet Detox Salad*
- Table Tent- (5 x 7) *Vitamins and Minerals*
- Table Tent-- (5 x 7) *Inflammation Instigators*

Week 3: Give out/Post

- Placemat/handouts for *Berry Frozen Yogurt*
- Table Tent- (5 x 7) *Healthy Fats*
- Table Tent- (5 x 7) *Mediterranean Diet*

Week 4: Give out/Post

- Placemat/handout for *Grilled Chicken with Spicy Cherry Sauce*
- Table Tent- (5 x 7) *Vitamin D*

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.