

Summary Sheet June 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 nutrient dense foods into their eating habits. You can help create excitement to try new foods. They will find that they are really tasty and they will feel better if they add some of these foods to their diets.

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.

Week 1: Give out:

- The 1- page overview handout Eat Well, Age Well. Purple Foods.
- placemat/handout for *Fruit Salad*
- Table Tent #1: Purple Power (5x7)
- Give out the monthly calendar to track Weekly Challenges

Week 2: Give out placemat/handouts for:

- *Purple Cabbage*
- Table Tent #2: Berries (5x7)

Week 3: Give out placemat/handouts for:

- *Gazpacho*
- Table Tent #3: Purple Cabbage (5x7)

Week 4: Give out placemat/handout:

- *Papaya*
- Table Tent #4: Eggplant & Red Onions (5x7)

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.