

Summary Sheet August 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, 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. Fiber*
- Placemat/handout for *Fiber: Fiber Filled Fruit*
- Table Tent- *Berries (5 x 7)*
- Table Tent-*Fruit (5 x 7)*
- *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 *Fiber: Lovely Legumes and Lentils*
- Table Tent- *Beans & Legumes (5 x 7)*

Week 3: Give out/Post

- Placemat/handouts for *Fiber: Why Whole Grains?*
- Table Tent- *Whole Grains (5 x 7)*

Week 4: Give out/Post

- Placemat/handout for *Fiber: Switch it up with Sweet Potatoes*
- Table Tent- *Avocados (5 x 7)*
- Table Tent- *Veggies (5 x 7)*

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.