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 need 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. Squash*
- Placemat/handout for *Breakfast Squash*
- Table Tent- *Roasted Veggies*
- *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 *Squash bread*
- Table Tent- *Zucchini Noodles*

**Week 3:** Give out/Post
- Placemat/handouts for *Squash Tacos*
- Table Tent- *Spaghetti Squash*

**Week 4:** Give out/Post
- Placemat/handout for *Butternut Squash Soup*
- Table Tent- *Spiralizer*

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.