

## Note to Nutrition Directors and Site Managers: Nuts and Seeds

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. Nuts and Seeds*
- Placemat/handout for *Pumpkin Seeds*
- Table Tent- *Chia, Flax and Hemp*
- *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 *Walnuts*
- Table Tent- *Pecans*

### **Week 3:** Give out/Post

- Placemat/handouts for *Serving Sizes for Nuts & Walnut Pairings/Storage*
- Table Tent- *Sunflower Seeds*

### **Week 4:** Give out/Post

- Placemat/handout for *Chia Seeds*
- Table Tent- *Almonds*

**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.