

## Note to Nutrition Directors and Site Managers: Nutrient Dense Desserts

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 or Post:

- The 1- page overview handout *Eat Well, Age Well. Nutrient Dense Desserts*
- Placemat/handout for *Cheesecake Stuffed Strawberries*
- Table Tent #1- *Beets*
- Monthly Newsletter/News Paper ad (6 x 4 or 4 x 2 inch ads)
- Monthly Tracking Calendar for Weekly Challenges

### Week 2: Give out or Post:

- Placemat/handout- *Healthy Gingerbread Cutouts*
- Table Tent #2- *Black Beans*

### Week 3: Give out or Post:

- Placemat/Handout- *Pumpkin Chocolate Chip Muffins*
- Table Tent #3- *Flour Facts*
- Table Tent #4- *Sugar Substitutes (8 x 11 size)*

### Week 4: Give out or Post:

- Placemat/Handout- *Red Velvet Cupcakes*
- Table Tent #5- *Egg Substitutes*
- Table Tent #6- *Chia Seed Pudding*

**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.

I appreciate your input and feedback so please feel free to call me at 608-228-8095 or email me with any comments [pam.vankampen@gwaar.org](mailto:pam.vankampen@gwaar.org)