

## Note to Nutrition Directors and Site Managers:

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. Nutrient Dense-Dietary Guidelines
- placemat/handout for *Fiesta Wrap*

### **Week 2:** Give out placemat/handouts for:

- *Kale Caesar Salad*
- *Potato, Black Bean & Kale Skillet*

### **Week 3:** Give out placemat/handouts for:

- *Savory Bread Pudding with Kale & Butternut Squash*
- *Black bean brownies recipe*

### **Week 4:** Give out placemat/handout:

- *Eggs over Kale with Sweet Potato Grits*

**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.