

Summary Page- April 2018 Eat Well, Age Well. Gardening

Thank you for helping to promote Eat Well, Age Well. Please encourage folks to form weekly action plans to help them incorporate National Nutrition Month into their eating habits. You can help create excitement to try new foods.

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. Gardening (2 pages)***
- Placemat/handout for ***Container Garden Peas***
- Table Tent- ***Medication Interactions***
- *Monthly Newsletter/News Paper ad in your local Senior (6 x 4 or 4 x 2 inch ads)*
- Monthly Tracking Calendar

Week 2: Give out/Post

- Placemat/handouts for ***Garden Pasta Salad***
- Table Tent- ***Soy Foods***

Week 3: Give out/Post

- Placemat/handouts for ***Spring Lettuces***
- Table Tent- ***none***

Week 4: Give out/Post

- Placemat/handout for ***Zucchini Pesto***
- Table Tent- ***none***

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.

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