

## Note to Nutrition Directors and Site Managers: Arthritis Awareness

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. Arthritis Awareness***
- Placemat/handout – ***Osteoarthritis***
- Table Tent: ***Barbeque Month***
- Monthly Tracking Calendar for Weekly Challenges

### Week 2: Give out:

- Placemat/handout- ***Inflammatory Diets***
- Table Tent- ***What is Farro?***

### Week 3: Give out:

- Placemat/handout- ***Mediterranean Diet***
- Table Tent- ***Eat More Fruits and Vegetables Day***

### Week 4: Give out

- Placemat/handout- ***Spice Up Your Diet***
- Table Tent- ***Turmeric***

**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)