

**EAT WELL, AGE WELL.**

## **Monthly Tracking Calendar-Shelf Stable Emergency Meals**

**RECORD HOW YOU DID WITH YOUR WEEKLY CHALLENGES**

**WEEK 1: COMPARE SODIUM OF DIFFERENT CANNED VEGGIES AT THE STORE**

**WEEK 2: STOCK UP WITH 2-3 CANNED ITEMS WHEN AT THE STORE**

**WEEK 3: ADD ONE CANNED VEGETABLE TO A MEAL**

**WEEK 4: FIND AND MAKE A CHILI RECIPE WITH CANNED VEGGIES (PINTO, KIDNEY, & BLACK BEANS, TOMATOES...)**

*Complete the Weekly Challenges & you will feel better and be more in control of your health. You can do it!*