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!