



Photo Courtesy of Pixabay.com

EAT WELL, AGE WELL.

Benefits of Using a Slow Cooker

- Juices or sauces produced in the cooker containing nutrients can be served along with the meal
- Slow cookers can enhance the flavor of foods
- Various meals can be cooked in a slow cooker such as soups, stews, and casseroles
- A slow cooker may use less electricity than an oven
- They may tenderize less-expensive cuts of meat
- Putting all the ingredients into your slow cooker can decrease preparation and clean up time
- Slow cookers are useful throughout the year

<https://extension.psu.edu/the-benefits-of-slow-cooker-meals>

WEEKLY CHALLENGES

TRY ONE NEW RECIPE IN A SLOW COOKER.

INCORPORATE VEGETABLES IN YOUR SLOW COOKER RECIPES.

EXPLORE THE SETTINGS ON YOUR SLOW COOKER.

SHARE A FAVORITE SLOW COOKER RECIPE WITH A FRIEND.

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 healthy foods into their eating habits. You can help create excitement to try new foods. These foods will help curb your appetite during feasting days and help you feel energized.

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 apples at breakfast or added beans to my soup, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Benefits of Slow Cookers*
- Placemat/handout – *Slow Cooker Chicken Breast*
- Table Tent- *Increased Bioavailability of Nutrients*
- *Monthly Tracking Calendar*

Week 2: Give out/Post

- Placemat/handouts – *Crock Pot Chicken Fajitas*
- Table Tent- *Recipes and Resources*

Week 3: Give out/Post

- Placemat/handouts – *Slow Cooker Chicken Rice Soup*
- Table Tent- *Slow Cooker Benefits*

Week 4: Give out/Post

- Placemat/handout- *Slow Cooker Parmesan Garlic Chicken*
- Table Tent- *Easy Meal Prep and Clean up*

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 a 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 a 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 at pam.vankampen@gwaar.org