



Photo Courtesy of Pixabay.com

## EAT WELL, AGE WELL.

### Eat Your Greens. Using Early Summer Vegetables.

- Add tomatoes to any fresh salad for a more vibrant look and taste.
- Pack bell peppers for a nice, easy snack on the go.
- Pair leaf lettuce with any of your favorite summer meals.
- Try roasting or grilling asparagus and adding to any of your favorite summer meals.
- Add radishes to a fresh garden salad.
- Add mushrooms to any garden salad or entrée
- Enjoy rhubarb and strawberries in a variety of ways.

Find delicious and healthy seasonal recipes from UW Extension at this link

<https://snaped.fns.usda.gov/nutrition-education/snap-ed-recipes>

## WEEKLY CHALLENGES

TRY ONE NEW RECIPE USING EARLY HARVESTED VEGETABLES

TRY A DIFFERENT WAY TO COOK VEGETABLES

EXPLORE NEW VEGETABLES

PLANT A GREEN HERB LIKE BASIL, THYME, CILANTRO, etc.

## 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 provide lots of delicious nutrients for our bodies to stay as healthy as possible!

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 spinach to my eggs or tried grilling asparagus, etc. on the *Monthly Tracking Calendar*.

### Week 1: Give out/Post

- The 1- page overview handout Eat Well, Age Well. *Eat Your Greens, Eating Early Summer Vegetables*.
- Placemat/handout – *Cucumber Salad*
- Table Tent- *Branch out and try something new!*
- *Monthly Tracking Calendar*

### Week 2: Give out/Post

- Placemat/handouts – *Super Green Omelet*
- Table Tent- *Early Summer Veggies*

### Week 3: Give out/Post

- Placemat/handouts – *Succotash Salad*
- Table Tent- *Plant Veggies and Cook with them*

### Week 4: Give out/Post

- Placemat/handout- *Kale Slaw Spring Salad*
- Table Tent- *Nutrition of Veggies*

**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](mailto:pam.vankampen@gwaar.org)