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EAT WELL, AGE WELL.

EAT BETTER, EAT TOGETHER.

October is designated as “Eat Better, Eat Together Month”. Socialization during mealtime is just as important as the food we are eating. This month make a conscious effort to make healthier choices and to share a meal and conversation with someone. Here are some ideas to get you started.

- 1. Make a meal together:** Invite someone over to make a healthy meal or salad and catch up on what is happening in their lives and the community.
- 2. Organize a party:** There is nothing more fun than a party in the backyard. Make sure you pick healthy alternatives, though.
- 3. Focus on Healthy Choices.** Toss the cookies and chips. Replace them with some healthy alternatives. Freshly prepared meals taste delicious and warm your soul.

WEEKLY CHALLENGES

MAKE A “POT OF LOVE”

INVITE SOMEONE OVER OR GO OUT TOGETHER FOR A MEAL

CALL SOMEONE AND CHAT ABOUT FAMILY MEALS AS A CHILD

MAKE A FOOD ITEM TO SHARE WITH SOMEONE

For 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 their weekly action plan, let them know they can write short words like, "Nailed it" or a note like took a walk in the park, or talked with a friend, etc. on the *Monthly Tracking Calendar*.

Week 1: Give out/Post

- The 1-page overview handout "*Eat Well, Age Well. Eat Better, Eat Together Month*"
- Placemat/handout- "*Sweet Potato Black Bean Chili*"
- Table Tent- October 2022 "*Eat Better Together Month Habits*"
- Monthly Tracking Calendar

Week 2: Give out/Post

- Placemat/handout- "*Make a Pot of Love*"
- Table Tent- "*Squash ideas*"

Week 3: Give out/Post

- Placemat/handout- "*Autumn Harvest Casserole*"
- Table Tent- "*Plan and Enjoy Time Together*"

Week 4: Give out/Post

- Placemat/handout- "*Roasted Sweet Potatoes and Pecans*"
- Table Tent- "*Healthy meal and snack ideas*"

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