



Photo Courtesy of Pixabay.com

## 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

---

# Eat Better, Eat Together

Please unscramble the words below related to eating better and eating together. Good luck and have fun!

Created on TheTeachersCorner.net Scramble Maker

1. ialaictosozin

Eating better and eating together helps increase the amount of \_\_\_\_\_ you get! It's also a great way to catch up with friends.

Eating

\_\_\_\_\_ makes your entire body work better and keeps you feeling younger and healthier.

2. hgraniget

Having a small family \_\_\_\_\_

9. lytehah

If you

\_\_\_\_\_ is a great way to eat better together.

10. ngerecuao

\_\_\_\_\_ healthy habits they will become routine.

In the \_\_\_\_\_ season farmer's

11. lgoesuc

The sugar you eat turns into \_\_\_\_\_

3. alfl

\_\_\_\_\_ markets are held. This is a great place to buy fresh produce!

\_\_\_\_\_ in your body.

This necessity is \_\_\_\_\_

12. sveteahdr

Many amazing fruits and vegetables are \_\_\_\_\_

4. onretpi

\_\_\_\_\_ normally found in things like eggs, cod, haddock, lean meat, and nuts.

\_\_\_\_\_ in the fall.

5. arhraboydect

This necessity is often thought of as starches and sugars.

13. hasuqs

This is one of the amazing vegetables that are harvested in the fall, and can be used for most anything.

6. isvnatmi

Instead of having to buy supplements try to get the \_\_\_\_\_

Sitting down with your \_\_\_\_\_

\_\_\_\_\_ you need from your daily diet.

14. lyifma

\_\_\_\_\_ and having a healthy meal is one of the best ways to celebrate eat better, eat together month.

7. ralsmnei

Vitamins and \_\_\_\_\_ help keep your bones healthy and your whole body healthy/functioning properly!

By sharing and gathering to eat we are encouraging \_\_\_\_\_

8. etksbafar

Said to be the most important meal of the day, making sure you eat \_\_\_\_\_

15. lvnmotnevei

An example of \_\_\_\_\_

\_\_\_\_\_ can help to control weight and blood sugar (glucose) levels.

16. maclycstoehihp

one of these is beta-carotene. It is part of what helps give plants their colors.