

## AAS: Yearly Nutrition Education Plan

Fiscal Year: \_\_\_\_\_

Senior Center: \_\_\_\_\_

	Topic	Date To Be Presented
Quarter 1		
Quarter 2		
Quarter 3		
Quarter 4		

Suggested Topics - materials found at  
<http://www.smchealth.org/older-adult-providers>

- Fiber
  - Senior\_fact\_fiber
  - Whole Grains: English & Spanish
  
- Sodium
  - 5 Ways to Cut back on Salt
  - USDA Sodium: English or Spanish
  - Eat Right Less Salt: English or Spanish
  
- Healthy Lifestyle
  - Eating Right for Older Adults: English or Spanish
  - Healthy Eating After 50: English or Spanish
  - Tips for more Fruits and Vegetables: English or Spanish
  - The importance of water
  - Water and Hydration
  
- Food Safety
  - FDA Food Safety: English or Spanish
  - Food Safety for Older Adults