

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://smchealth.org/node/1156>:

- 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