Nutrition is a vital component to keep older adults strong and healthy. The below social media posts, nutrition resources, videos, and education opportunities can be used for monthly and weekly posts to organization Facebook pages, Twitter accounts, websites, and lobby waiting area monitors. Resources and classes can be printed and used for displays or as handouts, or to be shared via email and social media channels. This is a sample calendar of nutrition resources and topics (provided by Alberta Health Services, South Zone, Nutrition Services, Population and Public Health Nutrition) which can be used as is or changed for a different month to fit participants' needs.

Month	Theme	Facebook Weekly Posts	Upcoming	Newsletter	Videos	Resources
			Nutrition			
			Presentations/			
			Events			
Sept	PROTEIN	Week 1 - Power up with Protein using these tips to keep	South Health	Power Up	Main Video	Foods with Protein (Pictorial)
		your body and muscles strong.	Campus	with Protein	Message:	https://www.albertahealthservi
	Message: Protein is an essential		Wellness	Newsletter	Power Up with	ces.ca/assets/info/nutrition/if-
	part of our diets. Your body	Power Up with	Kitchen online	<u>here</u>	Protein -	nfs-foods-with-protein.pdf
	needs protein to help build and		food and		https://bit.ly/P	
	repair muscle, skin, and other	Created by Canva	cooking		<u>owerUpwithPro</u>	Adding Protein to Your Diet
	body tissues.	Link: https://bit.ly/PowerUpwithProtein	program -		<u>tein</u>	https://www.albertahealthservi
		(Coincides with messages from the Power Up with	https://www.al			ces.ca/assets/info/nutrition/if-
		Protein Newsletter)	<u>bertahealthser</u>			nfs-adding-protein-to-your-
			vices.ca/assets			<u>diet.pdf</u>
		Week 2 - Did you know older adults need more	/hospitals/shc/			
		protein? Aim for 25 – 30 grams of protein with each	shc-wellness-			Get Enough Calories & Protein –
		meal. This is about a palm sized portion of cooked meat	<u>centre-virtual-</u>		回報業款	Recipes
		or 1 cup of cottage cheese. This handout lists the	program-		SCAN ME	https://www.albertahealthservi
			guide.pdf		SCAN ME	ces.ca/nutrition/Page16043.asp

- Talk to your healthcare team.
- Call Health Link at 811 and ask to talk to a dietitian or complete a self-referral form on www.ah.ca/811
- Check out www.ahs.ca/Nutrition for resources, free classes, and recipes!
- Check individual nutrition status at www.ahs.ca/Malnutrition
- Recipes for Healthy Aging: https://olderadultnutritionscreening.com/resources-for-older-adults/#eating-with-others-and-alone
- Quick and Easy Meal Ideas: https://www.unlockfood.ca/en/Articles/Cooking-And-Food/Quick-and-Easy-Meal-Ideas/



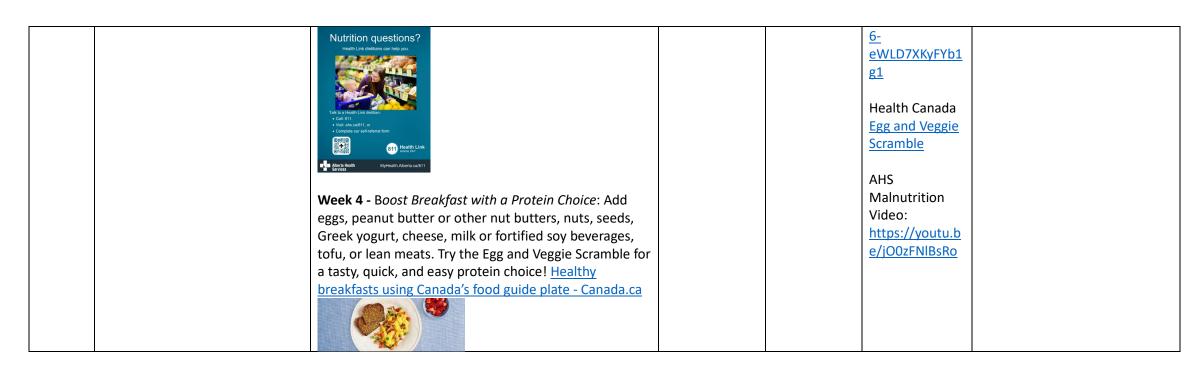
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protein in other common foods. X https://bit.ly/45B7vmc **AHS Protein** Rich Recipes: High Protein, High Calorie Meal, https://www.yo and Snack Ideas utube.com/wat https://www.albertahealthservi ces.ca/assets/info/nutrition/ifch?v=aXAVcnfs-high-protein-high-calorie-TgbyE meal-and-snack-ideas.pdf Created by Freepik AHS (Alberta Health **Protein Foods** Week 3 - Questions about how to get enough protein? https://olderadultnutritionscree Services) High A dietitian can help. Call 811 to speak to an Alberta ning.com/resources-for-older-Calorie and Health Services dietitian for free. https://bit.ly/3YKxiGh adults/#protein-foods high protein recipes https://voutube .com/playlist?li st=PLIRLMs5vpi 2JAPBj3DS7klYu pf5nbOBXo&si=

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