



Monthly Ready to Use Nutrition Education Calendar

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


For Support:

- 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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		<p>protein in other common foods. https://bit.ly/45B7vmc</p>  <p>Created by Freepik</p> <p>Week 3 - Questions about how to get enough protein? A dietitian can help. Call 811 to speak to an Alberta Health Services dietitian for free. https://bit.ly/3YKxiGh</p>			<p>AHS Protein Rich Recipes: https://www.youtube.com/watch?v=aXAVc-TgbyE</p> <p>AHS (Alberta Health Services) High Calorie and high protein recipes - https://youtube.com/playlist?list=PLIRLMs5vpj2JAPBj3DS7klYupf5nbOBXo&si=</p>	<p>x</p> <p>High Protein, High Calorie Meal, and Snack Ideas https://www.albertahealthservices.ca/assets/info/nutrition/if-nfs-high-protein-high-calorie-meal-and-snack-ideas.pdf</p> <p>Protein Foods https://olderadultnutritionscreening.com/resources-for-older-adults/#protein-foods</p>
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		<p>Nutrition questions? Health Link dietitians can help you.</p>  <p>Talk to a Health Link dietitian</p> <ul style="list-style-type: none"> • Call: 811 • Visit: ahs.ca/811, or • Complete our self-referral form <p>811 Health Link Alberta Health Services MyHealth Alberta.ca/811</p> <p>Week 4 - Boost Breakfast with a Protein Choice: Add eggs, peanut butter or other nut butters, nuts, seeds, Greek yogurt, cheese, milk or fortified soy beverages, tofu, or lean meats. Try the Egg and Veggie Scramble for a tasty, quick, and easy protein choice! Healthy breakfasts using Canada's food guide plate - Canada.ca</p> 			<p>6-eWLD7XKyFYb1g1</p> <p>Health Canada Egg and Veggie Scramble</p> <p>AHS Malnutrition Video: https://youtu.be/i00zFNIBsRo</p>	
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