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EATING WELL = HEALTHY AGING

Why You Can No Longer Eat Like a 20-Year-Old As You Age

EVERETT, Wash., October 12, 2016—At age 70, your nutritional needs are different than when you were 20. **Eating Well = Healthy Aging** on Thursday, October 20 is an exciting, free interactive event featuring the importance of nutrition as we age. Older adults may be unaware of how their nutritional and caloric needs shift as they age. Food trends and fads change so frequently that older adults may not know where to look for reliable and unbiased nutrition information. As families become smaller and more older adults live alone, seniors need practical tips for adjusting their cooking and eating habits.

Eating Well = Healthy Aging will educate participants about the nutritional needs of older adults and provide specific ideas for how to meet these needs simply, economically, and deliciously. In addition to explaining why you can no longer eat like a 20-year-old as you age, Martha Peppones, RDN, Nutrition and Social Services Director, Senior Services of Snohomish County, will cover what's new in nutrition for older adults and debunk some of the latest nutrition fads.

The program will also offer a session on *Downsizing Your Cooking* highlighting ideas for cooking for one or two people and explaining what to look for when shopping, how to plan meals, and how to store food safely. A food demonstration will show how to put these ideas into action. The event also includes drawings for Healthy Food Baskets, nutritious refreshments, and nutrition handouts. Community Resource Information will be available about senior nutrition programs, food banks, and other services.

Eating Well = Healthy Aging will be held on Thursday, October 20, 2016 from 9:00 a.m. to noon at Cougar Auditorium, WSU Snohomish County Extension Office at 600 128th St. SE, Everett near McCollum Park. The event is free. Doors open at 8:30 am. For more information or to reserve a seat, please call Stefanie Novacek, (425) 388-7019, s.novacek@snoco.org.

The **Snohomish County Human Services Department** helps all persons meet their basic needs and develop their potential by providing timely, effective human services and building community. The **Snohomish County Council on Aging**, established under the Older Americans Act of 1965, advises the Snohomish County Executive, the Snohomish County Department of Human Services and the Division on Aging and Disability Services on all matters related to the administration of aging programs. The Council conducts public hearings and other activities to determine the needs and priorities of Snohomish County senior citizens.

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