

Put These on Your Calendar

# HEALTHY DATES TO Celebrate



who  
doesn't  
like to  
celebrate!

The chart below shows some of the special days, weeks, and months of the year for celebrating health. Choose the special occasions you would like to celebrate with the kids. By adding these healthy dates into your schedule, you'll enhance your curriculum, support healthy eating, and promote physical activity all at the same time!

MONTH	SPECIAL DAYS, WEEKS, AND MONTHS
<b>September</b>	Fruits and Veggies – More Matters <a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a> Family Health and Fitness Day USA <a href="http://www.fitnessday.com">www.fitnessday.com</a>
<b>October</b>	Health Literacy Month <a href="http://www.healthliteracy.com">www.healthliteracy.com</a> International Walk to School Month <a href="http://www.iwalktoschool.org">www.iwalktoschool.org</a>
<b>Week 2</b>	National School Lunch Week <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>
<b>November</b>	Take a Hike Day (17th) National Parfait Day (25th)
<b>December</b>	National Hand Washing Awareness Month <a href="http://www.henrythehand.com">www.henrythehand.com</a>
<b>January</b>	National Fiber Focus Month Oatmeal Month <a href="http://wholegrainscouncil.org/">http://wholegrainscouncil.org/</a>
<b>Week 4</b>	Healthy Weight Week <a href="http://www.healthyweight.net/hww.htm">http://www.healthyweight.net/hww.htm</a>
<b>February</b>	National Sweet Potato Month American Heart Month <a href="http://www.heart.org">www.heart.org</a>
<b>March</b>	National Nutrition Month <a href="http://www.eatright.org">www.eatright.org</a>
<b>Week 2</b>	National School Breakfast Week <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>
<b>April</b>	National Garden Month <a href="http://www.nationalgardenmonth.org">www.nationalgardenmonth.org</a>
<b>Week 4</b>	National-Screen-Free Week <a href="http://www.screenfree.org">www.screenfree.org</a>
<b>May</b>	National Strawberry Month National Physical Fitness and Sports Month <a href="http://www.foh.hhs.gov/dbdmarketing/npfsm.html">http://www.foh.hhs.gov/dbdmarketing/npfsm.html</a> National Bike Month <a href="http://www.bikeleague.org">www.bikeleague.org</a>
<b>1st Wed</b>	All Children Exercise Simultaneously (ACES) <a href="http://www.lensaunders.com/aces">www.lensaunders.com/aces</a>
<b>June</b>	National Fresh Fruit and Vegetable Month
<b>August</b>	Watermelon Day (3rd)

**For more special monthly observations, go to:**

<http://healthymeals.nal.usda.gov/features-month-1>

<http://snap.nal.usda.gov/nutrition-through-seasons/holiday-observances>

<http://food.unl.edu/fnh/january>

