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!

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