

Food, Nutrition and Health Days Celebrations

Nationally recognized food, nutrition and health days are an excellent opportunity to reinforce the importance of different nutrition and health related topics and physical activity promotion. Sponsoring organizations and agencies often offer free educational and promotion materials. We have prepared a list of monthly celebrations related to food, nutrition and health.

January



- **Women's Healthy Weight Day: (20th)** Sponsored by the Society for Nutrition Education to appreciate and respect the diversity of women, and to endorse media portrayal of women of all shapes. More info see: www.healthyweight.net
- **Healthy Weight Week: (3rd week)** Sponsored by the Healthy Weight Journal, it is designed to learn healthy lifestyle habits that last a lifetime and prevent weight problems, rather than cause them as dieting does. For more info see: www.healthyweight.net
- **Food Focus:** National Fiber Focus Month, National Hot Tea Month, National Soup Month, National Oatmeal Month, National Egg Month, National Pie Day, Prune Breakfast Month, National Staying Healthy Month, National Fresh Squeeze Juice Days (3rd week).
- **Cultural Focus:** Korean New Year (28th-30th), Chinese New Year (28th-30th), Vietnamese New Year (28th), Eid al-Fitr (The Feast of Breaking the Fast: Islamic) (29th).

February



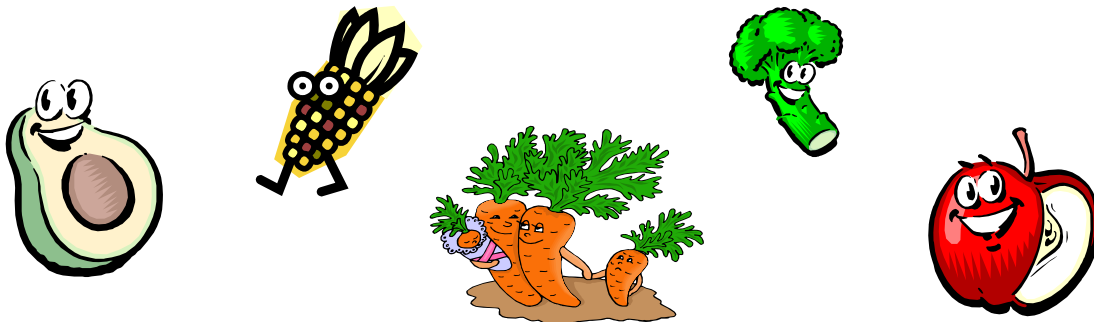
- **American Heart Month:** Offer an opportunity to learn about saving someone's life. Contact the American Heart Association and learn more about American Heart Month. For more information call 1-800-AHA-USA1 or www.americanheart.org
- **Black History Month:** A perfect occasion to celebrate the contributions of the African American people, their food, culture, and folklore. It is also a good opportunity to raise awareness of the health and nutrition problems in the community and the chance to teach some prevention strategies. For more information, call 1-800-444-6472 or <http://www.omhrc.gov/>
- **National Children's Dental Health Month:** Sponsored by the American Dental Association. An excellent opportunity to discuss ways to prevent cavities, including fluoride use, flossing, wise food and beverage choices and prevention of baby bottle caries, etc. For more info: 1-800-947-4746; or: www.ada.org
- **National Girls and Women in Sports Day!** Celebrating this day is a time to honor females in sports, and it is also the perfect time to empower girls to have a healthy lifestyle. [Girls Incorporated®](#), [Girl Scouts of the U.S.A.](#), [National Association for Girls and Women in Sports](#), and the [Women's Sports Foundation](#) are the sponsoring organizations. This great day is an opportunity for the family to do some physical activities jointly. Contact your local [YWCA](#) to find out how your State is celebrating Girls and Women in Sports Day.
- **Food Focus:** Potato Lover's Month, National Cherry Month, Canned Food Month, National Snack Food Month, Kiwi Day (2nd), Pancake Day (12th), Agricultural Week (1st Week)
- **Health Focus:** Eating Disorder Awareness Week (4th week) For more info: <http://www.edap.org>; National Woman's Heart Day (3rd week)



March



- **National Nutrition Month:** Sponsored by the American Dietetic Association to reinforce the importance of nutrition as a key component of health. For action-oriented messages and promotional materials, call 1-800-877-1600 x 4853, or www.eatright.org
- **National School Breakfast Week: (1st week)** Sponsored by the American School Food Service Association. Encourage children to eat breakfast and help them to develop good eating habits early in life. The school breakfast program is one way of ensuring children get the proper nutrients and consistently. For more information: 1-800-728-0728 or www.asfsa.org.
- **National Nutrition Month American Diabetes Alert Day: (4th Thursday)** This one day “alert” is an annual public awareness campaign to reach the estimated 5.4 million people with undiagnosed diabetes. For more information, call the ADA National Center, 1-800-342-2383, or www.diabetes.org
- **Children and Healthcare Week:** The Children and Healthcare Week is an opportunity to educate children about the importance of seeing the doctor regularly. Health care providers are encouraged to educate the public about effective ways to obtain quality health care for children. For more information, contact the Association for the Care of Children’s Health: (609) 224-1742 or www.acch.org
- **Cultural Focus:** Johnny Appleseed Day, National Agriculture Week, Women’s History Month



April



- **National Garden Month/Week: (2nd week)** For information about this site and a list of garden-related activities for all gardeners, educators, retailers and other interest groups, visit the National Gardening Association website.
<http://www.kidsgardening.com/>.
- **YMCA Healthy Kids Day: (8th)** Each spring, YMCAs across the country take part in YMCA Healthy Kids Day. It's an opportunity for families to spend fun time together while improving their health. To find out more about your local YMCA, check out http://www.ymca.net/find_your_y/findy_index.htm
- **National Library Week: (2nd week)** Sponsored by the American Library Association; this week provides a perfect opportunity to promote books, magazines and web sites on health and nutrition for all ages. For more info: 1-800-545-2433; or <http://www.ala.org>
- **World Health Day: (7th)** Raise global awareness of a specific health theme to highlight a priority area of concern for the World Health Organization (WHO). On this Day WHO launch a long-term advocacy program for which activities will be undertaken and resources provided well beyond the 7th of April.
- **National TV-Turnoff Week: (4th week)** Sponsored by TV-Free America; the week is designed to help Americans watch less TV and focus on what TV viewing replaces--creativity, productivity, healthy physical activity, etc. <http://www.tvturnoff.org/>
- **Easter Sunday:** A great time to talk about fresh springtime foods, as well as eggs and food safety. The American Egg Board celebrates "Egg Salad Week" the week following. For more info: www.aeb.org
- **Health Focus:** Alcohol Awareness Month, National Child Abuse Prevention Month, Autism Awareness Month, National Youth Sports Safety Month, National Cancer Control Month, for more info contact the American Cancer Society: 1-800-ACS-2345 or <http://www.cancer.org/docroot/home/index.asp>.



May



- **National High Blood Pressure Education Month:** Sponsored by the National Heart, Lung and Blood Institute; awareness of prevention and treatment of high blood pressure is the focus. For more info, articles, activities ideas, visit http://hin.nhlbi.nih.gov/nhbpep_kit/about_m.htm
- **National Osteoporosis Prevention Month:** Sponsored by the National Osteoporosis Foundation to promote early diagnosis, prevention and treatment; for more information call (202) 223-2226 or www.nof.org
- **National Asthma Allergy/Month:** The Asthma and Allergy Foundation of America (AAFA) declare May as "National Asthma and Allergy Month. For more information check: <http://www.aafa.org/>
- **National Safe Kids Week: (1st week)** Sponsored by the National Safe Kids Campaign; designed to raise awareness and prevent childhood injuries such as bicycle injuries, burns, suffocation, poisoning, choking and falls. For more information www.safekids.org
- **National Drinking Water Week: (1st week)** Sponsored by American Water Works Association. This is an opportunity to discuss the importance of drinking water, as well as wise water conservation.
- **Food Allergy Awareness Week: (1st week)** Sponsored by the Food Allergy Network. For more info: 1-800-929-4040 or <http://www.foodallergy.org/index.html>
- **Food Focus:** Asparagus Month, National Strawberry Month, National Herb Month, National Egg Month, National Salad Month: an opportunity to discuss unique and healthful salads; National Salsa Month; National Herb Week (**1st week**), National Barbeque Month.
- **Health Focus:** American Bike Month, Physical Fitness and Sports Month, Food Allergy Awareness Week (**1st week**), National Physical Education and Sports Week (**1st week**).
- **Cultural Focus:** Cinco de Mayo (**5th**), an opportunity to discuss multicultural themes; Asian/Pacific American Heritage Month.



June



- **National Dairy Month:** Discuss in the classroom the importance of drinking milk, where it comes from and its relationship to the prevention of osteoporosis. Read a storybook; take the children to a farm trip and share delicious milk recipes with them. To get more information visit the National Dairy Council website: <http://www.nationaldairycouncil.org/>
- **National Fresh Fruit and Vegetable Month:** Sponsored by the United Fresh Fruit and Vegetable Association. Organize a cooking activity in your classroom every week this month, using fruits and vegetables, prepare healthy recipes, read books, organize fruits & veggies related activities, take the kids to a garden tour. For ideas on classroom activities, activity sheets, recipes, coloring pages and more visit <http://www.5aday.com/>
- **Food Focus:** National Beef Steak Month, Turkey Lover's Month, National Papaya Month, National Seafood Month, Egg Day.
- **Cultural Focus:** African American (10th-9th) this is the oldest known celebration of the ending of slavery. For more information contact <http://www.Juneteenth.com>: Native American Ceremonials (Pow-Wows)

July



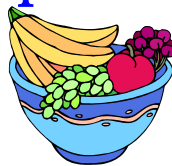
- **Fourth of July:** an opportunity to focus on food safety. For food safety information designed for kids, visit <http://www.foodsafety.gov/~fsg/fsgkids.html>
- **Food Focus:** National Baked Bean Month, National Peach Month, National July Belongs to Blueberries Month, National Picnic Month, National Ice Cream Month, California Salmon Month, National Hot Dog Month, National Baked Bean Month, Blueberries Month.

August



- **Food Focus:** National Goat Cheese Month, National Catfish Month, National Watermelon Month, National Peach Month
- **Health Focus:** National Parks Month, Children's Good Manners Month, National Literacy Month, Children's Vision & Learning Month, World Breastfeeding Week (1st week).

September



- **National 5 A Day Month:** Each year during the month of September, the Produce for Better Health Foundation, the National Cancer Institute, and other 5-A- Day partners, conduct a nationwide effort to promote eating 5 to 9 servings of colorful fruits and vegetables daily for better health. For more information check the website: <http://www.5aday.com/>
- **National 5 A Day Week: (2nd week)** Jointly sponsored by the Produce for Better Health Foundation and the National Cancer Institute. For more information, call 1-800-4-CANCER or <http://www.5aday.com/>. *California 5 a Day Week: (3rd week)* http://www.dhs.cahwnet.gov/cpns/ca5aday/b_index.htm
- **National Food Safety Education Month:** Kids food safety page, information & activities <http://www.foodsafety.gov> and <http://www.foodsafety.gov/~fsg/fs-mon02.html>
- **National Cholesterol Education/Awareness Month:** Sponsored by the National Heart, Lung and Blood Institute, check their website for more information: <http://hin.nhlbi.nih.gov/cholmonth/>
- **Food Focus:** National Ethnic Foods Month, National Honey Month, Organic Harvest Month, National Food Service Employees Day (26th), Johnny Appleseed's Birthday (26th).

- **Health Focus:** National Childcare Week (**3rd week**), National Farm Animals Awareness Week (**3rd week**), Family Health & Fitness Day (**28th**).
- **Culture Focus:** National Hispanic Heritage Month (**15th-Oct.15th**).

October



- **National School Lunch Week: (2nd week)** Sponsored by the American School Food Service Association. Promotes the importance of school nutrition programs. For more information, call 1-800-728-0728 or see www.asfsa.org
- **Family Health Month:** Sponsored by the American Academy of Family Physicians. With the first hint of cold weather, now is the time to conduct a health inventory of yourself, your family and your students. For more information call 1-800-274-2237 or see www.aafp.org
- **Child Health Month and Child Health Day: (1st Monday)** Sponsored by the American Academy of Pediatrics, the focus and ongoing slogan is: "Solutions Before Problems," stressing prevention when it comes to our children's health. For more information www.aap.org (see under advocacy).
- **National Lead Poisoning Prevention Week: (3rd week)** Lead Poisoning Prevention Week is also part of the October celebration of Children's Health Month. For more information about Lead Poisoning Prevention Week or lead poisoning in general, contact the National Lead Information Center at 1-800-424-LEAD or see EPA's Web site at: <http://www.epa.gov/lead>
- **Food Focus:** Hunger Awareness Month, Vegetarian Awareness Month, National Pasta Month, National Pizza Festival Month, National Pork Month, National Seafood Month, National Apple Month, National Desert Month, National Cookie Month, World Food Day (**16th**), National Fruit Day (**20th**).
- **Health Focus:** National Dental Hygiene Month, National Health Education Week (**3rd week**), National Youth Health Awareness Day (**22nd**).
- **Culture Focus:** Diversity Awareness Month.

November



- **National Diabetes Month:** Increases public awareness of the seriousness of diabetes and its complications. Contact the American Diabetes Association (ADA) at <http://www.diabetes.org/homepage.jsp>
- **American Education Week: (1st week)** sponsored by the National Education Association. Learning will not take place without good nutrition! For more information, www.nea.org
- **Food Focus:** Good Nutrition Month, Peanut Butter Lover's Month, National Fig Week (1st week), Split Pea Soup Week (1st week), National Sandwich Day (3rd).
- **Health Focus:** Child Safety and Protection Month, National Children's Book Week (3rd week).
- **Cultural Focus:** Mexican Day of the Dead; Native American Indian Heritage Month: opportunities to discuss multicultural themes, Family Stories Month, Thanksgiving Day (4th Thursday).

December



- **Cultural Focus:** Opportunities to focus on cultural foods and customs. Fiesta de Guadalupe: Mexican (12th); Las Posadas: Hispanic (16th-24th); Kwanzaa: African American (26th-Jan 1st); Ramadan (The Month of Fasting): Islamic (30th); Christmas Day (25th): a fun occasion to talk about Santa's excessive cookie consumption and promote healthy snacks for Santa.