## **Healthy Dates to Celebrate**

MONTH	SPECIAL OBSERVATIONS
September	Fruits and Veggies—More Matters www.fruitsandveggiesmorematters.org Family Health and Fitness Day USA www.fitnessday.com
October Week 2	Health Literacy Month www.healthliteracy.com International Walk to School Month www.iwalktoschool.org National School Lunch Week www.schoolnutrition.org
November	American Diabetes Month www.diabetes.org
December	National Handwashing Awareness Month www.henrythehand.com
January Week 2 Week 4	National Fiber Focus Month Oatmeal Month www.fruitsandveggiesmorematters.org National Fresh-Squeezed Juice Week www.fns.usda.gov Healthy Weight Week mentalhealth.samhsa.gov
February	National Sweet Potato Month healthymeals.nal.usda.gov American Heart Month www.americanheart.org
March Week 2	National Nutrition Month www.eatright.org National School Breakfast Week www.schoolnutrition.org
April Week I Week 4	National Garden Month www.nationalgardenmonth.org National Public Health Week www.apha.org/programs TV Turnoff Week www.tvturnoff.com
May	National Strawberry Month
	National Physical Fitness and Sports Month healthymeals.nal.usda.gov
	National Bike Month www.bikeleague.org
lst Wed	All Children Exercise Simultaneously (ACES) www.lensaunders.com/aces/aces.html
June	National Fresh Fruit and Vegetable Month www.ageducate.org/news/fruit-veg_month.html

For more special monthly observations, go to: healthymeals.nal.usda.gov

Developed by the Children in Balance initiative at the Friedman School of Nutrition Science and Policy of Tufts University



