

# Healthy Dates to Celebrate

| MONTH     | SPECIAL OBSERVATIONS  |
|-----------|---|
| September | Fruits and Veggies—More Matters <a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a><br>Family Health and Fitness Day USA <a href="http://www.fitnessday.com">www.fitnessday.com</a>  |
| October   | Health Literacy Month <a href="http://www.healthliteracy.com">www.healthliteracy.com</a><br>International Walk to School Month <a href="http://www.iwalktoschool.org">www.iwalktoschool.org</a><br>Week 2<br>National School Lunch Week <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>  |
| November  | American Diabetes Month <a href="http://www.diabetes.org">www.diabetes.org</a>  |
| December  | National Handwashing Awareness Month <a href="http://www.henrythehand.com">www.henrythehand.com</a>   |
| January   | National Fiber Focus Month<br>Oatmeal Month <a href="http://www.fruitsandveggiesmorematters.org">www.fruitsandveggiesmorematters.org</a><br>Week 2<br>National Fresh-Squeezed Juice Week <a href="http://www.fns.usda.gov">www.fns.usda.gov</a><br>Week 4<br>Healthy Weight Week <a href="http://mentalhealth.samhsa.gov">mentalhealth.samhsa.gov</a> |
| February  | National Sweet Potato Month <a href="http://healthymeals.nal.usda.gov">healthymeals.nal.usda.gov</a><br>American Heart Month <a href="http://www.americanheart.org">www.americanheart.org</a>   |
| March     | National Nutrition Month <a href="http://www.eatright.org">www.eatright.org</a><br>Week 2<br>National School Breakfast Week <a href="http://www.schoolnutrition.org">www.schoolnutrition.org</a>  |
| April     | National Garden Month <a href="http://www.nationalgardenmonth.org">www.nationalgardenmonth.org</a><br>Week 1<br>National Public Health Week <a href="http://www.apha.org/programs">www.apha.org/programs</a><br>Week 4<br>TV Turnoff Week <a href="http://www.tvturnoff.com">www.tvturnoff.com</a>  |
| May       | National Strawberry Month<br><br>National Physical Fitness and Sports Month<br><a href="http://healthymeals.nal.usda.gov">healthymeals.nal.usda.gov</a><br><br>National Bike Month <a href="http://www.bikeleague.org">www.bikeleague.org</a>   |
| 1st Wed   | All Children Exercise Simultaneously (ACES)<br><a href="http://www.lensaunders.com/aces/aces.html">www.lensaunders.com/aces/aces.html</a>   |
| June      | National Fresh Fruit and Vegetable Month<br><a href="http://www.ageducate.org/news/fruit-veg_month.html">www.ageducate.org/news/fruit-veg_month.html</a>  |

For more special monthly observations, go to: [healthymeals.nal.usda.gov](http://healthymeals.nal.usda.gov)

Developed by the Children in Balance initiative at the Friedman School  
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