* Safe Toys & Gifts Month * Stress-Free Family Holidays Month *

# December 2005

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|---|---|
| Cookie Cutter Week (12/1 - 12/7) | | | | | | |
| | | | | 1<br>World AIDS Day | 2 | 3 |
| 4 | 5<br>National Communicate With Your Kids Day | 6<br>In season: apples, avocado and grapefruit. | 7 | 8 | 9 | 10<br>'Tis the season for walnuts! |
| 11 | 12<br>Gingerbread House Day | 13 | 14<br>Winter vegetables are well-priced right now! | 15<br>Full Moon | 16 | 17 |
| 18<br>Eat healthy holiday snacks--low-fat yogurts, fruits and vegetables! | 19 | 20 | 21<br>Winter begins<br>World Peace Day | 22 | 23 | 24 |
| 25<br>Christmas | 26 | 27 | 28 | 29 | 30 | 31<br>New Year's Eve |