

*Bread Machine Baking Month * Oatmeal Month *
 * National Hot Tea Month * National Soup Month *
 * National Cancer Prevention Month *
 * Family Fit Lifestyle Month * Walk Your Pet Month *

January 2004

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
National Lose Weight/Feel Great Week (1/1 - 1/8)						
				1  New Year's Day	2	3
4	5	6 Citrus fruits are in peak season! Eat one today.	7	8	9	10
Fresh-Squeezed Juice Week (1/15 - 1/21)						
11 Fruits, vegetables and grains are good sources of dietary fiber.	12	13	14	15  Try oatmeal with fresh fruit to chase the chills away!	16	17
Healthy Weight Week (1/18 - 1/24)						
18	19  Martin Luther King, Jr.'s Birthday (observed)	20  Rid the World of Fad Diets & Gimmicks Day	21	22  Women's Healthy Weight Day	23	24
25	26	27  Start planning your school's indoor and outdoor garden for the spring!	28  National Compliment Day	29	30  Fun at Work Day	31