* Chili Month * Cookie Month * Eat Better, Eat Together Month *
* Health Literacy Month * Popcorn Month * Pork Month *
* Seafood Month * Spinach Lovers Month * Texas Peanuts Month * Vegetarian Month *
* Communication With Your Kids Month *

October 2005

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Salt Week (10/2 - 10/6)						
						1 World Vegetarian Day Pumpkin Day
2	3 Child Health Day	4	5 World Teachers Day	6	7 World Smile Day	8 Apple Saturday
National School Lunch Week (10/9 - 10/15)						
9 Try tabouleh!	10 Columbus Day (observed)	11	12 International Moment of Frustration Scream Day	13	14 World Egg Day	15 National Grouch Day
National Food Bank Week (10/16 - 10/22) National Health Education Week (10/17 - 10/23)						
16 World Food Day	17 Full Moon National Boss Day	18	19 Try spinach or tomato pasta today!	20	21	22
23 Try a veggie pizza today!	24	25 Hold a class taste-test of different varieties of apples.	26	27 Cranky Co-workers Day	28	29
30 Daylight Savings Time Ends	31 Halloween					