

August 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
World Breastfeeding Week (8/1 - 8/7)						
						1 National Mustard Day
National Blueberry Festival (8/7 - 8/10)						
2 Sisters' Day	3	4 What's in season? Try peaches, peppers, squash or berries!	5	6 National Fresh Breath Day	7 Sneak Some Zucchini Onto Your Neighbor's Porch Night!	8 National Garage Sale Day
Weird Contest Week (8/10 - 8/15)						
9 United Nations: International Day of the World's Indigenous People	10	11	12 United Nations' International Youth Day	13	14 Drink plenty of fluids! Water, juice and milk are better nutrition choices than soda.	15 National Relaxation Day
16	17	18	19	20	21 Little League Baseball World Series begins	22
23 Try a new fish or shellfish as a summer entree.	24	25	26 National Dog Day	27 Play tag with the kids in your neighborhood.	28	29 More Herbs, Less Salt Day
30	31 Try a new fruit or vegetable today.					