

January 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Diet Resolution Week (1/1 - 1/7)						
				1  New Year's Day	2	3 Drinking straw patented: 1888
4 Citrus fruits are in peak season! Eat one today.	5 National Thank God It's Monday! Day	6	7	8	9 Fruits, vegetables and grains are good sources of dietary fiber.	10 Wolf Moon
Cuckoo Dancing Week (1/11 - 1/17)						
11 U.S Surgeon General Declares Cigarettes Hazardous in 1964	12 National Clean Off Your Desk Day	13	14  National Soccer Coaches Association of America National Convention	15  Martin Luther King, Jr. born: 1929	16  Appreciate A Dragon Day	17  Benjamin Franklin born: 1706 Kid Inventors' Day
Healthy Weight Week (1/18 - 1/24)						
18	19  Martin Luther King, Jr.'s Birthday (observed)	20  Inauguration Day	21  Start planning your school's indoor and outdoor garden for the spring!	22 Women's Healthy Weight Day	23  National Handwriting Day	24 Belly Laugh Day National Compliment Day
25  First Winter Olympics: 1924	26  Chinese New Year Solar Eclipse	27	28	29  Try oatmeal with fresh fruit to chase the chills away!	30 Fun at Work Day	31