* Eat Better, Eat Together Month * Emotional Wellness Month *
* Eat Country Ham Month * Halloween Safety Month *
* National Breast Cancer Awareness Month * National Dental Hygiene Month *
* National Popcorn Poppin' Month * National Roller Skating Month *
* National Seafood Month * Frozen Food Month *
* Spinach Lovers Month * Vegetarian Month *

October 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
No Salt Week (10/2 - 10/9)						
			1 World Vegetarian Day	2 World Farm Animals Day	3 World Smile Day	4
Apple Butter Makin' Days (10/10 - 10/12)						
5 United Nations: World Teachers Day	6 Child Health Day	7	8	9 Stretch and reach as high as possible 10 times.	10 National Cake Decorating Day	11
National Food Bank Week (10/12 - 10/18) National Chestnut Week (10/12 - 10/18) School Lunch Week (10/13 - 10/17)						
12 International Moment of Frustration Scream Day	13 Columbus Day (observed)	14 Full Moon Hunter's Moon	15 National Grouch Day	16 World Food Day	17 Try tabouleh!	18
National Character Counts Week (10/19 - 10/25) National School Bus Safety Week (10/19 - 10/25) American Dietetic Association Food & Nutrition Conference (10/25 - 10/28)						
19 Make up a dance that makes you laugh!	20	21 Try spinach pasta today.	22	23 Try a veggie pizza today!	24 United Nations Day	25 Hold a class taste-test of different varieties of apples.
26	27	28 New Moon	29	30	31 Halloween	