

Events Through the Year

Holding events throughout the year will help reinforce healthy behaviors. Many events can be held at any time of year; consider incorporating the following national observances into your planning:

Time of Year	National Observances	Suggested Team Nutrition Events
August	<ul style="list-style-type: none">• Back to school• Family Meals Month• Farmers Market Week (first full week in August)• President's Challenge Physical Fitness Awards Program begins	Elementary and Middle School <ul style="list-style-type: none">• From East to West, Eat What's Best: A Pen Pal Program, page 38 <i>Starting your pen pal program at the beginning of the school year lets students participate all year long.</i>• Shop Smart: A Mock Grocery Store, page 62 <i>For Farmers Market Week, afterschool clubs can visit a local outdoor market and try regional products.</i>
September	<ul style="list-style-type: none">• National Hispanic Heritage Month• Ethnic Foods Month• National Fruits & Veggies – More Matters Month• National Food Safety Education Month• National Food Service Employees Day (September 25)	Middle School <ul style="list-style-type: none">• Healthy Food Heritages: Investigating Nutrition Across Cultures, page 44 <i>National Hispanic Heritage Month and Ethnic Foods Month are great times to learn more about healthy food choices from other cultures.</i> Elementary and Middle School <ul style="list-style-type: none">• Can't Beat How I Eat: A Fruit and Vegetable Challenge, page 17 <i>During National Fruits & Veggies – More Matters Month, have students compete to see who can make the most healthy food choices.</i>
October	<ul style="list-style-type: none">• National School Lunch Week (generally the second full week in October)• Walk to School Day (generally the first Wednesday in October)• Fall harvest• Halloween• Children's Health Month• Eat Better, Eat Together Month• National Farm to School Month	Middle School <ul style="list-style-type: none">• You Control the School Menu: Vote for Your Favorite, page 74 <i>Try holding this event during National School Lunch Week.</i> Elementary and Middle School <ul style="list-style-type: none">• Start Your Day on the Right Foot: Walk to Breakfast, page 65 <i>The changing seasons and cooler temperatures make a walk to breakfast more comfortable and fun – and Walk to School Day is a perfect time to kick off your walking club.</i>

Events Through the Year (cont'd)

Time of Year

National Observances

Suggested Team Nutrition Events

November

- Thanksgiving
- Elections
- Native American Heritage Month
- National Child's Day (November 20)

Middle School

- Food Crusade: A Food Video Challenge, page 27
During election season, give students the chance to cast a vote for their favorite fruits and vegetables.

Elementary and Middle School

- Power Up With Local Athletes: Try a Sport Day, page 59
Football, soccer, and basketball season all overlap in November, making it a great time for students to get active with sports.
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December

- Holiday season – Christmas, Hanukkah, Kwanzaa

Elementary and Middle School

- MyPlate Food Drive: Lending a Healthy Hand, page 53
The holiday season is a natural fit for a food drive built around healthy food choices.
 - Food Explorer: A Scavenger Hunt To Power Up, page 30
If cooler weather keeps you indoors, get students moving with a scavenger hunt around the school.
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January

- New Year's Day
- Healthy Weight Week (third full week in January)
- Family Fit Lifestyle Month

Elementary and Middle School

- Fun, Food, and Fitness: A Family Party, page 41
Bring families together for Family Fit Lifestyle Month and Healthy Weight Week for a night of nutritious snacks and physical activity.
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February

- Valentine's Day
- American Heart Month
- National Snack Month

Elementary School

- Color Days: A Celebration of Fruits and Vegetables, page 24
Beat the winter blues with a day celebrating colorful fruits and vegetables.

Elementary and Middle School

- The Chef in You: A Cooking Competition, page 20
Consider theming your cooking competition to match the season. Challenge students to create healthy snacks or sweet alternatives to Valentine's Day candy.
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Events Through the Year (cont'd)

Time of Year

National Observances

Suggested Team Nutrition Events

March

- National Reading Month
- Read Across America Day (on the school day closest to March 2)
- Dr. Seuss Week (first week in March)
- National Nutrition Month
- St. Patrick's Day
- National School Breakfast Week (first full week in March)
- National Agriculture Day (typically the Tuesday of Agriculture Week, which occurs during varying weeks in March)

Elementary School

- Food Smarts: Reading About Eating and Moving, page 33
Students can curl up with a good book about healthy food choices during National Reading Month.

Elementary and Middle School

- Launch Your Day With Breakfast: Fuel Up To Help Your Day Take Off, page 47
During National School Breakfast Week, invite students and their families to enjoy a healthy school breakfast together.
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April

- National Garden Month
- Earth Day (April 22)
- Take Your Daughters and Sons to Work Day (fourth Thursday of April)
- School Library Month/
National Library Week
- Global Child Nutrition Month
- National Park Week (generally the last full week in April)
- National Volunteer Week (generally the third full week in April)

Elementary and Middle School

- Plant It, Grow It, Eat It!: Healthy Habits Take Root, page 56
During National Garden Month, plant your harvest and watch it begin to grow.
 - The Whole World of Whole Grains: Celebrating Cultures and Food, page 71
Global Child Nutrition Month can serve as a perfect backdrop for learning about the different whole grains children eat around the world.
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May

- Mother's Day
- National Physical Fitness and Sports Month (May 1-7)
- National Teacher Day (Tuesday of the first full week of May)
- School Nutrition Employee Appreciation Week (generally the first full week in May)

Elementary School

- Try-Day Fridays: It's Fun To Find New Favorite Foods, page 68
During School Nutrition Employee Appreciation Week, celebrate school nutrition directors, managers, and staff with an event where everyone tries new foods.

Elementary and Middle School

- Fun, Food, and Fitness: A Family Party, page 41
Get parents involved during National Physical Fitness and Sports Month by inviting both students and their families to take part in fun games, dances, and exercises promoting physical activity.
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Events Through the Year (cont'd)

Time of Year

National Observances

Suggested Team Nutrition Events

June

- National Dairy Month
- National Fresh Fruit and Vegetable Month
- Student Safety Month
- International Children's Day (June 1)
- Father's Day

Elementary and Middle School

- Be a Food Champion: Stand Up for Your Favorites, page 14

For National Dairy Month and National Fresh Fruit and Vegetable Month, transform your students into food champions and promote the benefits of their favorite healthy food choices.

July

- National Parents' Day (fourth Sunday of July)
- National Berry Month
- National Picnic Month
- Independence Day
- National Parks and Recreation Month

Elementary and Middle School

- MyPlate Day: Fun With All Five Food Groups, page 50

Enjoy the warm weather with a MyPlate Day that gets students active outside.



[Photo] Students paint a mural about physical activity and good nutrition at Carson Elementary School in Cincinnati, OH.