

2008-09 TENTATIVE CALENDAR

NUTRITION IN ACTION

NUTRITION IN ACTION

MONTH	THEME	CONTENT
September <i>Eat, Drink, and Live Healthy</i>	Back-to-School Supplies Brain foods and drinks	Breakfast ideas Importance of water
October <i>Where's Your Parachute? Staying Safe</i>	Food Safety Washing Hands and other Kitchen Safety Tips	Six steps for hand washing Keeping food safe to eat
November <i>Don't be an American Idle: Healthy Exercising</i>	Foods for Energy Combining Carbs + Protein for Maximum Energy	HIGH FIVE energy snacks MILK as a sports drink
December <i>Keep Your Tissues Handy: Defending Against Disease</i>	Veggies: Fun, Fast, and Good for you! Nature's Vitamin Pills	FIVE STAR veggie snacks Hot tips for picking and storing fresh vegetables

NO-TOXIC-NUTRITION-ZONE

<p>January <i>Stay Healthy Together</i></p>	<p>Family Mealtimes Importance of Eating and Talking Together</p>	<p>Simple family recipes Tips for positive mealtime conversations</p>
<p>February <i>All's Fair in Love and Health</i></p>	<p>Fruit: Fun, Fast, and Good for you! Nature's Sweet Treat</p>	<p>FIVE STAR fruit snacks Hot tips for picking and storing fresh fruits</p>
<p>March <i>Nutritious and Delicious</i></p>	<p>Green Power: Vegetables NOTE: The specific content for this issue will depend on the theme for National Nutrition Month 2009.</p>	<p>Super simple salads</p>
<p>April <i>Tying It All Together</i></p>	<p>Food Pyramid Fun Enjoying Nutrient-Rich Foods from All Food Groups</p>	<p>Easy meal planning Smart portion sizes for children</p>
<p>May <i>Spring Into Healthy School Environments</i></p>	<p>Mississippi Farmer's Markets Spring Taste Treats from Your Local Farmer</p>	<p>Where does your food come from? Smart drinks for the summer heat</p>