

Eat Well, Age Well. 2018 Calendar

Jan. 2018- Monthly Topic= Dried Plums with focus on fiber and potassium.

- [National Soup Month](#) **Table Tent x 2**
- **Sugar Awareness Week (3rd Week of the month) Table Tent x 1**
- Jan. 23- [Pie Day](#) **Table Tent x 1**

Feb. 2018- Monthly Topic= Heart Healthy Cooking

- [Bake for Family Fun Month](#) **Table Tent x 2**
- Heart Healthy Cooking Tips **Monthly Handout and Placemats**
- Feb. 16, [National Almond Day](#) **Table Tent x 1**
- Feb 26 [World Pistachio Day](#) **Table Tent x 1**

Mar. 2018- Monthly Topic= National Nutrition Month

- [National Nutrition Month 2018 “Go Further with Food”](#) **Monthly Handout and Placemat x 2 and table tents**
- March 6 [Frozen Food Day](#) **Placemat x 1**
- March 9 [Meatball Day](#) **Placemat x 1**

April 2018- Monthly Topic= Garden Month

- [National Garden Month](#) **Monthly Handout and Placemats and Table Tent x 2**
- [Soy Foods Month](#) **Table Tent x 2 with focus on drug nutrient interaction and soy foods**

May 2018- Monthly Topic= Arthritis Awareness Month- Placemats and Monthly handout

- Arthritis Awareness Month- **Monthly topic**
- [BBQ Month](#) **Table Tent x 1**
- Thursday before Memorial Day [Eat More Fruit & Veggies Day](#) **Table Tent x 1**

June 2018- Monthly Topic= Dairy Month. Placemats and Monthly handout and table tents. Focus on dairy alternatives, drug-food/nutrient interactions, amounts of protein in various “milks” and other resources.

July 2018- Monthly Topic= Blueberry Month.

- [National Blueberry Month](#) **Placemats, monthly handout and 3 table tents.**
- July 31- [Raspberry Cake Day](#) **Table Tent x 1**

August 2018- Monthly Topic= More Herbs, Less Salt Month.

- Aug. 29 [More Herbs, Less Salt Day](#) **Placemats, monthly handout and 4 table tents.**

Sept. 2018- Monthly Topic= Fruit & Veggie Month.

- **Eat More Fruits & Veggies Month Placemats, monthly handout and 4 table tents.**

Oct. 2018- Monthly Topic= Apple Month.

- Oct 1 [World Vegetarian Day](#) Table Tent x 1
- Apple Month Placemats x 2, monthly handout and 2 table tents.
- [Spinach Lovers Month](#) Placemats x 2 and 2 table tents.

Nov. 2018- Monthly Topic= Dementia and Brain Foods Month. Placemats, monthly handout and 1 table tents.

- [World Vegan Month](#) Table Tent x 1 (awareness)
- Nov. 17 [Spicy Guacamole Day](#) Table Tent x 1
- [Sweet Potato Awareness Month](#) Table Tent x 1

Dec. 2018- Monthly Topic= Healthy Holidays. Placemats, monthly handout, 2 placemats and 4 table tents.

- Week before Christmas [Gluten Free Baking Week](#) 2 placemats (Healthy Holiday Gluten Free baking)

Eat Well. Care Well Series 2018 Monthly Topics

Please include at least 1 recipes. Keep to 2 pages total so they can be printed front to back. Be sure the recipes are simple, nutrient dense and have common ingredients.

January: Monthly Topic= Popcorn. Focus on caregiver ideas for popcorn treats that are healthy also finger food ideas with Popcorn cakes for the care recipient.

- Jan. 19th, [Popcorn Day](#)

February:

- Feb. 18 [Eat Ice Cream for Breakfast Day](#) Monthly Topic, Ideas for high protein, high calorie using ice cream. It can be in the form of a shake as well.

March: Monthly Topic. Tie in National Nutrition Month Theme for 2018 “Go Further with Food”

- March 25 [Waffle Day](#) Monthly Topic, focus on finger food ideas with waffles and ways to add protein and nutrient density with toppings and such. Ok to also include March 7th is Cereal Day and tips for choosing a healthy cereal for the caregiver and the recipient.

April: Monthly Topic-Nutrition Tips to Promote Wound Healing

- April 4- [Vitamin C Day](#) Tie in vit. C role with wound healing and food sources.

May: Monthly Topic: Healthy Vision Month. Eye drop interactions with meds and finger foods that are easy to see and pick up.

- [National Egg Month](#)
- May 13 [International Hummus Day](#)
- **Healthy Vision Month.** <http://www.eatright.org/resource/health/wellness/preventing-illness/5-top-foods-for-eye-health>

June: Monthly Topic: Dairy Month

- June 10 [Chocolate Ice Cream Day](#)

July: Monthly Topic: Lasagna and various versions and easy to make versions that are nutrient dense and great for leftovers or to freeze.

- July 29 [Lasagna Day](#)

August: Monthly Topic: Farmers Market

- First Week in [August National Farmers Market Week](#)

September: Monthly Topic: Food Safety Month and how to properly wash and store produce and basic food safety tips.

- [Healthy Aging Month](#)
- Sept 16- [Eat an Apple Day](#)
- Holiday Food Safety- Planning for Leftovers
<http://www.eatright.org/resource/homefoodsafety/safety-tips/holidays/holiday-food-safety-planning-to-leftovers>

October: Monthly Topic: “Happy Foods” Depression Education and Awareness Month

- [Positive Attitude Month](#)
- Integrative Nutrition Therapy for Mood Disorders
<http://www.todaysdietitian.com/newarchives/1017p36.shtml>

November: Monthly Topic: Caregiver Month and tie in gratitude and uplifting stories from caregivers.

- **National Caregiver Month**
 - <http://caregiveraction.org/>
- **National Gratitude Month**
 - <http://www.prnewswire.com/news-releases/november-officially-declared-national-gratitude-month-for-usa-and-canada-300169435.html>
 - <https://www.accordence.com/resources/blog/november-is-national-gratitude-month/>

December: Monthly Topic: Easy Health Desserts and Treats

- Dec 8 [Brownie Day](#)

Thank you!

Any questions please contact Pam VanKampen at pam.vankampen@gwaar.org