

Month	Eat Well, Age Well 2024. Theme is <i>Seasonal Produce</i> . View the year at-a-glance and download the handouts at Eat Well, Age Well 2024	Complimentary Materials if desired that support the monthly theme	Additional Resources and Cultural Theme Months
January	Turnips and Garlic 2 page handout with Recipe	Beneficial Bites https://gwaar.org/beneficial-bites_1 <ul style="list-style-type: none"> There are additional materials for Turnips at the link above. 	Additional Info:
February	Ginger & Cabbage 2-page handout with Recipe (Heart Month) Info from CDC	Beneficial Bites https://gwaar.org/beneficial-bites_1 <ul style="list-style-type: none"> There are additional materials for Ginger and Cabbage at the link above. Foodhero.org has ginger recipes . The Office of Dietary Supplements has a nice fact sheet on Ginger .	Additional Heart Health Info: <ul style="list-style-type: none"> Social Media Posts for Wear Red Day (Feb. 3rd) and Heart Month from NIH https://www.heart.org/en/healthy-living/healthy-eating Heart Healthy Recipes https://recipes.heart.org/ African American Heritage Month <ul style="list-style-type: none"> https://foodhero.org/african-heritage (2 page handout with recipes) https://www.eatright.org/food/cultural-cuisines-and-traditions/african https://www.eatright.org/food/cultural-cuisines-and-traditions/african-american
March	Potatoes and Chives 2-page handout and recipe (National Nutrition Month 2024 Theme “Beyond the Table”)	Beneficial Bites https://gwaar.org/beneficial-bites_1 <ul style="list-style-type: none"> There are additional materials for Potatoes and Chives at the link above. 	Irish American Heritage Month Greek American Heritage Month

<p>April</p>	<p>Parsnips and Parsley 2-page handout with recipe</p>	<p>Foodhero.org</p> <ul style="list-style-type: none"> Additional recipes, activities, and more from Foodhero.org on Parsnips https://foodhero.org/parsnips 	<p>Hmong Heritage Month</p> <ul style="list-style-type: none"> https://www.hmongamericancenter.org/service/hmong-heritage-month/ https://www.facebook.com/hmongheritagemonth?fref=ts <p>Arab American Month</p> <p>Arab American Heritage Month</p> <ul style="list-style-type: none">
<p>May</p>	<p>Asparagus and Rhubarb, 2-page handout with recipe</p> <p>Blood Pressure Awareness Month</p>	<p>Foodhero.org</p> <ul style="list-style-type: none"> Additional recipes, activities and more about asparagus https://foodhero.org/asparagus and rhubarb https://foodhero.org/rhubarb 	<p>Asian Pacific and Islander American Month and Jewish American Heritage Month</p> <ul style="list-style-type: none"> Eatright.org/food/cultural-cuisines-and-traditions/east-asian Eatright.org/food/cultural-cuisines-and-traditions/middle-eastern-and-south-asian
<p>June</p>	<p>Arugula and Kale 2-page handout with recipe</p> <p>Alzheimer’s and Brain Awareness Month</p> <p>Dairy Month</p>	<p>Beneficial Bites https://gwaar.org/beneficial-bites_1</p> <ul style="list-style-type: none"> There are additional materials for Kale at the link above as well as on Foodhero.org https://foodhero.org/node/5231 	<p>Order Free Dairy Month Give Aways</p> <p>https://www.wisconsinmilk.com/Promote-Dairy/Materials-Ordering</p> <p>https://danonereferralpad.com/</p> <p>http://www.activiareferralpad.com/</p> <p>Siggis Yogurt</p> <p>Caribbean-American Heritage Month</p>
<p>July</p>	<p>Cucumbers and Zucchini 2-page handout with recipe</p> <p>High Blood Pressure</p>	<p>Foodhero.org</p> <ul style="list-style-type: none"> There are additional materials for cucumbers and zucchini recipes on the Foodhero.org website. 	<p>DASH Eating Plan Tools and Handouts. Free to download</p> <p>https://www.nhlbi.nih.gov/resources/getting-started-dash</p> <p>French American Heritage Month</p>

<p>August</p>	<p>Peppers (sweet & hot) and Tomatoes 2-page handout with recipe</p> <p>Diabetes</p>	<p>Beneficial Bites https://gwaar.org/beneficial-bites_1</p> <ul style="list-style-type: none"> There are additional materials for tomatoes at the link above. <p>Foodhero.org</p> <ul style="list-style-type: none"> There are additional materials for tomatoes, bell peppers, and hot peppers on the foodhero.org website. 	<p>Additional FREE Diabetes Info:</p> <ul style="list-style-type: none"> Participant Education Library Download free, reproducible handouts in a variety of languages. Free Program for Your Participants (link is external)- Order free booklets for newly diagnosed type 2 diabetes participants Diabetes Food Hub (Menus, Recipes, Videos and More)
<p>September</p>	<p>Shiitake Mushrooms 2-page handout with 3 preparation methods.</p> <p>Hispanic American Month</p>		<p>Hispanic American Heritage Month</p> <ul style="list-style-type: none"> Eatright.org/food/cultural-cuisines-and-traditions/central-and-south-american
<p>October</p>	<p>Winter squash and Sweet Potatoes 2-page handout and recipe.</p>	<p>Beneficial Bites https://gwaar.org/beneficial-bites_1</p> <ul style="list-style-type: none"> There are additional materials for squash and sweet potatoes at the link above as well as on the Foodhero.org website (Sweet potatoes and winter squash). 	<p>Italian American Heritage Month</p> <ul style="list-style-type: none"> Recipe from FoodHero My Personal Pizza <p>German American Heritage Month</p> <p>Filipino American History Month</p>
<p>November</p>	<p>Brussels Sprout 2-page handout and recipe</p> <p>Native American Heritage Month</p>	<p>Foodhero.org</p> <ul style="list-style-type: none"> There are additional materials for Brussels Sprout at this link. 	<p>Native American Heritage Month</p> <p>Harvest of the Moon</p>
<p>December</p>	<p>Carrots and Pears 2-page handout with recipe</p>	<p>Beneficial Bites https://gwaar.org/beneficial-bites_1</p> <ul style="list-style-type: none"> There are additional materials for ginger at the link above. <p>Foodhero.org has resources for carrots and pears</p>	

