



# Let's Eat Healthy Planning Calendar 2023-2024



**JANUARY 2024**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**THEMES**

- Healthy New Year
- **11: National Milk Day**

**FEBRUARY 2024**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

**THEMES**

- American Heart Month

**MARCH 2024**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

**THEMES**

- National Nutrition Month
- **4–8: National School Breakfast Week**
- **4–10 Food Waste Action Week**

**APRIL 2024**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**THEMES**

- National Garden Month
- **1–5: Week of the Young Child**
- **29–May 3: School Nutrition Employee Week**

**MAY 2024**

S	M	T	W	T	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

**THEMES**

- **April 29–3: School Nutrition Employee Week**
- **6–10: Teacher Appreciation Week**
- **3: School Lunch Hero Day**
- **7: California Day of the Teacher**

**JUNE 2024**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

**THEMES**

- National Dairy Month
- Summer Meal Programs
- **17–21: California Farm to Summer Week**