### Let's Eat Healthy Planning Calendar 2021-2022

#### JULY 2021
- **THEMES**
  - Summer Meal Programs
  - Food Access
- **RESOURCES**
  - Summer Meals
  - Nutrition Builders
  - Tip Sheets

#### AUGUST 2021
- **THEMES**
  - Welcome Back, New School Year
  - Let's Eat Healthy Together
- **RESOURCES**
  - Assessments + Curriculum
  - Games + Activities
  - Nutrition Booklets
  - Video (lower grades) Playlists + (upper grades) Playlists

#### SEPTEMBER 2021
- **THEMES**
  - Food Safety Month
  - National Childhood Obesity Month
  - Healthy Snack Month
  - 29: World School Milk Day
- **RESOURCES**
  - Healthy Snack Video
  - Healthy Snack Ideas for Kids
  - Healthy Snacking Tips
  - Food Storage and Handling + Video

#### OCTOBER 2021
- **THEMES**
  - National Dental Hygiene Month
  - Farm to School Month
  - 6: National Walk to School Day
  - 11–15: National School Lunch Week
- **RESOURCES**
  - Mobile Dairy Classroom
  - Mobile Dairy Classroom Resources
  - Physical Activity Resources
  - Brain Break Videos
  - Beverage Resources

#### NOVEMBER 2021
- **THEMES**
  - Diabetes Awareness Month
- **RESOURCES**
  - Tip Sheets
  - Nutrition Booklets
  - Nutrition and Immunity Blog

#### DECEMBER 2021
- **THEMES**
  - Cultural Holiday Celebrations
- **RESOURCES**
  - Food Tasting Tips for New Foods
  - Social and Emotional Learning

---

Access this online at [HealthyEating.org/Calendar](http://HealthyEating.org/Calendar). Find clickable resource links, free resources and the most up-to-date calendar and more online.
Let's Eat Healthy Planning Calendar 2021-2022

**JANUARY 2022**

- **THEMES**
  - 1: New Year
  - New Year's Resolutions
  - Let's Eat Healthy *Together*

- **RESOURCES**
  - K-12 Curriculum
  - Community Education

**FEBRUARY 2022**

- **THEMES**
  - American Heart Month
  - **14: Valentine’s Day**

- **RESOURCES**
  - Brain Break Videos
  - Physical Activity Resources
  - Nutrition Builders

**MARCH 2022**

- **THEMES**
  - National Nutrition Month
  - 7—11: National School Breakfast Week
  - 7—13: Food Waste Action Week

- **RESOURCES**
  - Nutrition Resources
  - Nutrition Builders: MyPlate
  - Reducing Food Waste Video

**APRIL 2022**

- **THEMES**
  - National Garden Month
  - **22: Earth Day**

- **RESOURCES**
  - Nutrition Builders
  - Sustainable Nutrition
  - Farm to You Resources
  - Mobile Dairy Classroom
  - Mobile Dairy Classroom Resources

**MAY 2022**

- **THEMES**
  - Rethink Your Drink Month
  - National Physical Fitness & Sports Month
  - **2—6: Teacher Appreciation Week**

- **RESOURCES**
  - Rethink Your Drink Tip Sheet
  - Nutrition Builders: Beverages
  - Brain Break Videos
  - Tip Sheets

**JUNE 2022**

- **THEMES**
  - National Dairy Month
  - Summer Meal Programs
  - **22: World Milk Day**

- **RESOURCES**
  - Community Resources
  - Nutrition Builders
  - Tip Sheets
  - Food Access Resources