

Let's Eat Healthy Planning Calendar 2021-2022

JULY 2021

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

- Summer Meal Programs
- Food Access

RESOURCES

- [Summer Meals](#)
- [Nutrition Builders](#)
- [Tip Sheets](#)

AUGUST 2021

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

- 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

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

- 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

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 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

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

- Diabetes Awareness Month

RESOURCES

- [Tip Sheets](#)
- [Nutrition Booklets](#)
- [Nutrition and Immunity Blog](#)

DECEMBER 2021

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

- Cultural Holiday Celebrations

RESOURCES

- [Food Tasting Tips for New Foods](#)
- [Social and Emotional Learning](#)



Access this online at HealthyEating.org/Calendar. Find clickable resource links, free resources and the most up-to-date calendar and more online.

JANUARY 2022

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

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

RESOURCES

- [K-12 Curriculum](#)
- [Community Education](#)

FEBRUARY 2022

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					

THEMES

- American Heart Month
- **14: Valentine's Day**

RESOURCES

- [Brain Break Videos](#)
- [Physical Activity Resources](#)
- [Nutrition Builders](#)

MARCH 2022

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
- **7–11: National School Breakfast Week**
- **7–13: Food Waste Action Week**

RESOURCES

- [Nutrition Resources](#)
- [Nutrition Builders: MyPlate](#)
- [Reducing Food Waste Video](#)

APRIL 2022

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	⑫	23
24	25	26	27	28	29	30

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

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

- 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

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	⑫	23	24	25
26	27	28	29	30		

THEMES

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

RESOURCES

- [Community Resources](#)
- [Nutrition Builders](#)
- [Tip Sheets](#)
- [Food Access Resources](#)