

Let's Eat Healthy Planning Calendar 2023-2024

SEPTEMBER 2023

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

- Back-to-School Month
- Hunger Action Month
- Family Meals Month
- **27: World School Milk Day**

OCTOBER 2023

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

- Farm to School Month
- **2: Child Health Day**
- **4: National Walk to School Day**
- **9–13: National School Lunch Week**
- **16: World Food Day**

NOVEMBER 2023

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 Gratitude Month

DECEMBER 2023

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



Access this online at 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 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
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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
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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
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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**