

**Food, Wellness and Nutrition Holiday Hospitality Inspiration Calendar | Adapted from Culinary Services Group Calendar**

*Suggestions to focus programming: National Holidays | Food Observances | Public Health/Wellness Observances | Fun Activities*

January	February	March	April	May	June
<p><b>National Holidays:</b> 1/1 New Year's Day</p> <p><b>Fun Activity:</b> New Year's Day Party</p> <p><b>Wellness Focus:</b> Fiber</p> <p><b>Food Days:</b> 1/1 Spaghetti Day 1/6 Bean Day 1/24 Peanut Butter Day</p> <p><b>Weeks/Months:</b> Healthy Weight Week (3<sup>rd</sup> week) Soup Month</p>	<p><b>National Holidays:</b> 2/14 Valentine's Day 2/25 Fat Tuesday</p> <p><b>Fun Activity:</b> 2/2 Superbowl party 2/26 Mardi Gras Party</p> <p><b>Wellness Focus:</b> American Heart Month</p> <p><b>Weeks/Months:</b> 2<sup>nd</sup> Monday: Oatmeal Monday 2/4 Homemade Soup Day</p>	<p><b>National Holidays:</b> 3/17 St. Patrick's 3/11 Day RDN Day</p> <p><b>Fun Activity:</b> Luck of the Irish Party</p> <p><b>Wellness Focus:</b> National Nutrition Month</p> <p><b>Food Days:</b> 3/26 Spinach Day</p> <p><b>Weeks/Months:</b> Noodle Month Celebrate OANP Month</p>	<p><b>National Holidays:</b> 4/8 – 4/16 Passover 4/12 Easter 4/23 Start of Ramadan</p> <p><b>Fun Activity:</b> Springtime Tea Party</p> <p><b>Wellness Focus:</b> Managing Stress</p> <p><b>Food Days:</b> 4/6 Fresh Tomato Day 4/25 Zucchini Bread Day</p> <p><b>Weeks/Months:</b> Garden Month Move More Month</p>	<p><b>National Holidays:</b> 5/5 Cinco de Mayo 5/25 Memorial Day Cinco de Mayo</p> <p><b>Fun Activity:</b> Salsa Tasting Party</p> <p><b>Wellness Focus:</b> Allergy Awareness</p> <p><b>Weeks/Months:</b> Older Americans Month Mediterranean Diet Month Salad Month Salsa Month</p>	<p><b>National Holidays:</b> 6/20 First Day of Summer</p> <p><b>Fun Activity:</b> Picnic</p> <p><b>Wellness Focus:</b> National Safety Month</p> <p><b>Weeks/Months:</b> Fresh Fruit and Vegetable Month Dairy Month</p>
July	August	September	October	November	December
<p><b>National Holidays:</b> 7/4 Independence Day</p> <p><b>Fun Activity:</b> Red, White and Blue Party</p> <p><b>Wellness Focus:</b> Calcium Rich Foods</p> <p><b>Food Days:</b> 7/7 Macaroni Day</p> <p><b>Weeks/Months:</b> Culinary Arts Month Picnic Month Salad Week</p>	<p><b>National Holidays:</b> National Friendship Day 8/2 World Humanitarian Day 8/19</p> <p><b>Fun Activity:</b> Waffle Breakfast</p> <p><b>Wellness Focus:</b> MIND Diet</p> <p><b>Food Days:</b> 8/3 Watermelon day 8/21 National Senior Citizen's Day 8/24 National Waffle Day</p> <p><b>Weeks/Months:</b> Farmers Market Week (1<sup>st</sup> week)</p>	<p><b>National Holidays:</b> 9/1 Labor Day 9/25 Native American Day</p> <p><b>Fun Activity:</b> Falling into Fall Party</p> <p><b>Wellness Focus:</b> Physical activity</p> <p><b>Food Days:</b> 1/1 Spaghetti Day 1/6 Bean Day 1/24 Peanut Butter Day</p> <p><b>Weeks/Months:</b> Healthy Aging Month Senior Center Month</p>	<p><b>National Holidays:</b> 10/31 Halloween Day</p> <p><b>Fun Activity:</b> Pumpkin Party</p> <p><b>Wellness Focus:</b> Health education</p> <p><b>Food Days:</b> 10/7 Oatmeal Day</p> <p><b>Weeks/Months:</b> Apple Month Vegetarian Awareness Week (2<sup>nd</sup> week)/Month Better Breakfast Month Food Safety Education Month Malnutrition Awareness Week (3<sup>rd</sup> Week)</p>	<p><b>National Holidays:</b> 11/26 Thanksgiving Day</p> <p><b>Fun Activity:</b> #Gratitude Party</p> <p><b>Wellness Focus:</b> Healthy Holiday Recipe Sharing</p> <p><b>Food Days:</b> 11/3 National Sandwich Day 11/25 National Parfait Day</p> <p><b>Weeks/Months:</b> Family Caregivers and American Diabetes Month National Split Pea Soup Week (2<sup>nd</sup> week)</p>	<p><b>National Holidays:</b> 12/10 Hanukkah 12/25 Christmas Day 12/26 Kwanzaa</p> <p><b>Fun Activity:</b> Holiday/Make a Gift Party</p> <p><b>Wellness Focus:</b> Food Safety</p> <p><b>Food Days:</b> 12/1 Pie Day 1/25 Pumpkin Pie Day 1/24 Peanut Butter Day</p> <p><b>Weeks/Months:</b> Handwashing awareness week (1<sup>st</sup> week)</p>