

2015 Nutrition-Related Observances

# January

National Folic Acid Awareness Week (January 4-10) [http://folicacidinfo.org](http://folicacidinfo.org/)

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# February

American Heart Month

Contact your local chapter of the American Heart Association at 1-800-AHA-USA1 [http://www.heart.org](http://www.heart.org/)

National Cancer Prevention Month [http://www.aicr.org](http://www.aicr.org/)

National Eating Disorders Awareness Week (February 22-28) [http://www.nationaleatingdisorders.org](http://www.nationaleatingdisorders.org/)

# March

National Nutrition Month [http://www.eatright.org](http://www.eatright.org/)

National Colorectal Cancer Awareness [http://www.preventcancer.org](http://www.preventcancer.org/)

# April

Alcohol Awareness Month <https://ncadd.org/>

National Cancer Control Month <http://www.cancer.org>

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# May

National Physical Fitness and Sports Month

[http://www.fitness.gov](http://www.fitness.gov/)

National Physical Education and Sports Week (May 3-9) [http://www.aahperd.org](http://www.aahperd.org/)

National High Blood Pressure Education Month <http://www.nhlbi.nih.gov/>

National Women’s Health Week (May 10-16) [http://www.womenshealth.gov](http://www.womenshealth.gov/)

Older Americans Month <http://www.aoa.gov/>

# June

National Safety Month – Food Safety <http://www.nsc.org/Pages/JuneisNationalSafetyMonth.aspx>

Men’s Health Month <http://www.menshealthmonth.org/>

# August

National Breastfeeding Month [http://www.usbreastfeeding.org/Communities/BreastfeedingPromotion/NationalBreastfeeding](http://www.usbreastfeeding.org/Communities/BreastfeedingPromotion/NationalBreastfeedingMonth/tabid/209/Default.aspx)  [Month/tabid/209/Default.aspx](http://www.usbreastfeeding.org/Communities/BreastfeedingPromotion/NationalBreastfeedingMonth/tabid/209/Default.aspx)

# September

National Cholesterol Education Month <http://www.cdc.gov/features/CholesterolAwareness/>

Fruit and Veggie-More Matters Month <http://www.fruitsandveggiesmatter.gov/>

National Food Safety Education Month

[www.fightbac.org](http://www.fightbac.org)od Safety Education Month

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Whole Grains Month [http://www.wholegrainscouncil.org](http://www.wholegrainscouncil.org/)

Family Health and Fitness Day® (September 27) [http://www.fitnessday.com](http://www.fitnessday.com/)

National Women’s Health and Fitness Day™ (September 24) [http://www.fitnessday.com](http://www.fitnessday.com/)

# October

National School Lunch Week (October 11-17) [http://www.schoolnutrition.org](http://www.schoolnutrition.org/)

National Breast Cancer Awareness Month <http://www.cancer.org>

National Child Health Day (October 5) [http://www.mchb.hrsa.gov](http://www.mchb.hrsa.gov/)

World Food Day (October 16) [http://www.worldfooddayusa.org](http://www.worldfooddayusa.org/)

World Osteoporosis Day (October 19) [http://www.iofbonehealth.org](http://www.iofbonehealth.org/)

# November

American Diabetes Month [http://www.diabetes.org](http://www.diabetes.org/)

Great American Smokeout (November 20) (Promote strategies on how not to gain weight while quitting tobacco)

[http://www.cancer.gov](http://www.cancer.gov/)

# December

National Hand Washing Awareness Week (December 6-12) [www.henrythehand.com](http://www.henrythehand.com/)

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