July is National Picnic Month

July also includes an Eat Beans Day, a Fresh Spinach Day and National Fried Chicken, Ice Cream, Apple Turnover and Corn Fritters Days. Pack a basket, include every food group, and have a picnic!

August is National Water Quality Month

Water makes up about 60 percent of your body weight. For the average person, who should drink 8 cups of water per day.

March is National Nutrition Month

Focus on helping children and teens develop sound eating and physical activity habits!

April is National Garden Month

Plant a garden whether it’s indoors, outdoors, on a patio or in a pot. Remember, soil is one of a gardener’s most important resources. Contact your local Soil and Water Conservation District for some helpful information on soil and gardening.

May is National Egg Month

Eggs are one of the most nutritious and inexpensive healthy protein foods available. They supply protein, vitamins A, B6 and B12, riboflavin, folic acid, iron, calcium, phosphorus and potassium.

June is National Dairy Month

Milk is the one food that is required by both humans and animals for nutrition when first born. Dairy foods like milk, cheese and yogurt build strong bones and reduce the risk of osteoporosis.

September is Ethnic Foods Month

September is a great month to take advantage of local farmer’s market to obtain fresh ingredients for exciting new recipes!

June is National Hot Breakfast Month

Many nutritionists consider breakfast the most important meal of the day! Start the day off right with whole grains, lean protein, fresh fruit and milk.

March is National Nutrition Month

Focus on helping children and teens develop sound eating and physical activity habits!

February is National Hot Breakfast Month

Cook a batch of healthy, freezable soup, fill some containers and swap with friends and neighbors! Why not share a big pot of homemade vegetable soup? Read the book – Who Grew My Soup!

July is National Soup Swap Day

July is National Soup Swap Day in January. Visit www.eatright.org to get some tips from the American Dietetic Association.

National Pizza with the Works Day is celebrated in November

Did you know that everything on a pizza can be traced back to the soil? The crust is made with flour, which is made with wheat that grows in the soil. Pizza sauce is made with tomatoes that grow in the soil. Onions, mushrooms and peppers all grow in soil and finally meat and cheese come from animals that are raised on plants grown in soil!

Healthy Food Word Search

Find each word printed in bold blue in the puzzle. Words can be found forwards, backwards, up, down and diagonally.

Celebrate FOOD

No matter what time of year it is or where you live it’s a good time to celebrate food! While you’re celebrating: remember to thank the farmers and ranchers who work hard to fill our plates and practice good conservation habits to protect the soil needed to grow and raise our food!

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Find Your Way To Good Nutrition

Find the way out of the maze below by following the paths with healthy food choices. Start in the center of the maze. Draw a line through the paths from the center of the maze to the exit. For every healthy food you go through give yourself 5 points. For every unhealthy food you go through subtract 2 points.

Healthy Food Choices

Unhealthy Food Choices

Solve these puzzles by filling them in so that no picture is repeated in a row, a column or a square. You can draw the pictures in or just use the numbers that go with each picture.

Start Here

Finish Here

Your Score!

How did you do?

We made good healthy food choices and got a total score of 35 points. If you top our score let us know!

Email: stewardship@nacdnet.org

1. 2. 3. 4.

Food Group Sudoku

Number of Healthy Food choices \( \times 5 = \) Healthy Points

Number of Unhealthy Food choices \( \times 2 = \) Unhealthy Points

\[\text{Total Score} = \text{Healthy Points} - \text{Unhealthy Points}\]