

Health and Nutrition-Related Observances Capture the Public's Interest

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If you blog, participate in social media or write articles for the public consider highlighting health and food-related 'days,' 'weeks' or 'months' as a way to capture the reader's interest in your message. Here are some online resources to help you do that:

**Flowing Data at <http://flowingdata.com/2016/08/18/all-the-national-food-days/> has an interactive food (or drink) day calendar. There are 214 such days. Every day in July has a food or drink 'day!' Another place you can go for food, nutrition and health observances months and weeks is at <https://foodandhealth.com/calendar/>. You can print each month as a PDF. The government also has such a calendar at <https://healthfinder.gov/NHO/nho.aspx>

**The University of Nebraska - Lincoln has a site with extra help - you can click on a link to find tips, resources and recipes related to the day, week or month listed. Go to <http://food.unl.edu/march-food-calendar>.

**There are physical activity observances that may be on the lists above but in case some aren't, here are two such lists: <http://www.supportrealteachers.org/physical-education-related-national-observances.html> and <http://prevention.sph.sc.edu/resources-observances.htm>

**If you want to include cultural, ethnic and religious observances to connect them to food and health messages here's a 2016 compilation -<http://www.adl.org/assets/pdf/education-outreach/CALENDAR-OF-OBSERVANCES-2016.pdf>