



# OPT for Fit Kids 2006-2007 Nutrition & Physical Activity Observances



1-31

**Family Fun Month**

[www.familymonth.net](http://www.familymonth.net)

-Host a family play day at a local park. Encourage parents to play with their kids.

AUGUST '06						
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6-12

**Farmer's Market Week**

[www.ams.usda.gov/farmersmarkets/](http://www.ams.usda.gov/farmersmarkets/)

-Take a field trip to your local farmer's market. Let children pick out one fruit or vegetable each. Use them for a meal or snack.

**SEPTEMBER '06**

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1-30

**Fruit & Vegetable Month**

[www.5aday.gov](http://www.5aday.gov)

-Try a new fruit or vegetable each week. Let children touch, smell, and feel each new fruit or vegetable.

30

**Family Health & Fitness Day**

[www.fitnessday.com/sponsor/family/index.htm](http://www.fitnessday.com/sponsor/family/index.htm)

-Host a family play day at a local park. Encourage parents to play with their kids.

1-30

**Walk to School Month**

[www.iwalktoschool.org](http://www.iwalktoschool.org)

[www.cawalktoschool.com](http://www.cawalktoschool.com)

-Encourage families to walk to your house once a week. Take walks with the children every day.

OCTOBER '06						
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2

**National Child Health Day**

[www.mchb.hrsa.gov/childhealthday/](http://www.mchb.hrsa.gov/childhealthday/)

-Talk to children and parents about what it means to be a healthy child. Pass out parent newsletters about healthy eating.

**NOVEMBER '06**

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1 - 30

**American Diabetes Month**

[www.diabetes.org](http://www.diabetes.org)

-Serve foods low in sugar.

3

**National Sandwich Day**

[www.nationalsandwichday.com](http://www.nationalsandwichday.com)

-Let the children make healthy sandwiches with whole grain bread, deli-meats, and lots of colorful veggies like grated carrots, sliced green peppers, and tomatoes. Invite families to attend the special luncheon.

3 - 9

**National Handwashing Awareness Week**

[www.henrythehand.com](http://www.henrythehand.com)

-Join Henry the Hand and Do a handwashing activity with the children. Talk about washing hands when they're dirty and before they eat. Check out the website for free posters.

DECEMBER '06						
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1-31

**Healthy Holiday Foods**

[www.healthcastle.com/holiday-eating-thanksgiving-healthy-foods.shtml](http://www.healthcastle.com/holiday-eating-thanksgiving-healthy-foods.shtml)

-Design and print a cookbook filled with healthful recipes send in by parents. Try some of recipes for snack time.

**JANUARY '07**

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1-30

**National Fiber Focus Month**

[www.healthcastle.com/fiber-kids.shtml](http://www.healthcastle.com/fiber-kids.shtml)

-Serve foods high in fiber: whole grain breads, cereals, pastas, fruits, veggies, beans and legumes. Talk to the children about how fiber keeps your tummy healthy. It's like a workout for your insides!

21-27

**Healthy Weight Week**

[www.healthyweightnetwork.com/](http://www.healthyweightnetwork.com/)

-Be a role model of healthy eating and physical activity. Communicate that "Every body is a good body," and avoid focusing on weight or shape in a negative way.



# OPT for Fit Kids 2006-2007 Nutrition & Physical Activity Observances



**1 - 28**  
**American Heart Month**  
[www.americanheart.org](http://www.americanheart.org)  
 -Engage children in heart-friendly physical activities like jump rope, tag, skipping, and running.

**3**  
 National Wear Red Day  
[www.nhlbiinfo@nhlbi.nih.gov](http://www.nhlbiinfo@nhlbi.nih.gov)  
 -Encourage children to wear red. Talk about fruits and veggies that are red: apples, red bell peppers, tomatoes, strawberries, cherries, beets, red potatoes, red grapes, raspberries, watermelon.

FEBRUARY '07						
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**1 - 31**  
**National Nutrition Month®**  
[www.eatright.org](http://www.eatright.org)  
 -Eat the rainbow: Have a taste testing of fruits and veggie that are yellow (banana, yellow squash, corn), orange (tangerine, carrot, orange bell pepper), red (apple, strawberry, raddish), green (spinach, broccoli, zuchinni), blue (blueberries), purple (grapes, plums, eggplant). Send a letter home about all the foods you tried.  
 -Vote on it. Ask children to vote for their fruit or veggie. Post a tally board to record votes. Serve the "winner" at snack time.

**6 - 10**  
 National School Breakfast Week  
[www.schoolnutrition.org](http://www.schoolnutrition.org)  
 -Make a healthy breakfast with the children. Be sure to include lots of fruit.

MARCH '07						
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**1-30**  
**National Garden Month**  
[www.nationalgardenmonth.org](http://www.nationalgardenmonth.org)  
[www.kidsgardening.org](http://www.kidsgardening.org)  
 -Do a planting activity. Plant seeds and watch them grow together.

**22-28**  
 Week of the Young Child  
[www.naeyc.org/about/woyc](http://www.naeyc.org/about/woyc)  
 -Showcase children's activities at a spring open house.

**24-30**  
 TV Turn-off Week  
<http://tvturnoff.org>  
 -Turn off the TV at your house. Do arts and crafts, go outside, talk a nature walk around the neighborhood.

APRIL '07						
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**1 - 31**  
**National Physical Fitness and Sports Month**  
[www.fitness.gov](http://www.fitness.gov)  
 -Set up a series of fun physical activities for children to complete.  
 -Take time everyday to do some physical activity with the children.

**1 - 7**  
 National Physical Education and Sport Week  
[www.naspeinfo.org](http://www.naspeinfo.org)  
 -Ask the children what their favorite activities are. Try to incorporate them into your week.

MAY '07						
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**1-30**  
**National Dairy Month**  
[www.nationaldairyCouncil.org](http://www.nationaldairyCouncil.org)  
 -Try smoothies. Use low-fat yogurt and fresh or frozen fruit.

JUNE '07						
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**1-31**  
**National Picnic Month**  
 -Take the children outside to the park or even backyard for a mid-summer picnic. Bring plenty of water. Careful not to leave food outdoors in the heat for more than an hour.

JULY '07						
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