



# Project EAT

## Healthy School Campaign Calendar



Month	Theme	Classroom Activity	Bulletin Board	Newsletter
August September	Healthy School Year Kick-Off	Set a Goal for Health	Kick off the School Year with a Healthy Goal!	Setting Goals for Health at Home
October November	Healthy Harvest	Be Thankful for Fruits & Vegetables	Gratitude Board	Fall Fruits & Vegetables
December	Healthy Celebrations	Healthy Classroom Celebration & Health Stars	Celebrate What you Ate: Class Health Stars	Healthy Celebration Tips & Ideas
January	Healthy Resolutions	My Healthy New Year Resolution	Healthy Resolutions	Making a Healthy Resolution at Home
February	Healthy Hearts	Hearty Trail Mix Treats	Photos of Students with Healthy Hearts	Easy Exercise Tips to Get Your Heart Pumping!
March	National Nutrition Month: I Got Caught Being Healthy!	I Got Caught Being Healthy! Tickets	Photos of students caught being healthy	Pack a Healthy Lunch or Snack
April May	Do Your Best on the Test & Have a Healthy Breakfast	Have a Healthy Breakfast Tickets	Do Your Best on the Test with a Healthy Breakfast	Healthy Breakfast Tips & Ideas
June	Rethink Your Drink	Hydration Station	Have a Healthy Summer	Spa Water Recipes

For food stamp information, call 877-847-3663.

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