

National Soup Swap Day is in **January**

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!*



February 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!

Visit www.eatright.org/ to get some tips from the American Dietetic Association.

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 Tooth Month

Eat **starchy** and **nutritious** foods that are available. They supply **vitamins** A, B6 and B12, **riboflavin**, **foliac 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 from **soil**. **Dairy** foods like milk, cheese and yogurt build strong **bones** and reduce the risk of osteoporosis.



July is National Picnic Month

It 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



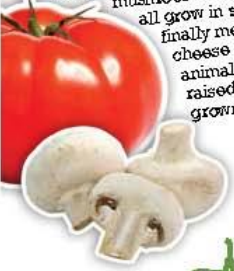
Water makes up about 60 percent of your body weight and is a necessity for **life**. The average person should drink **8 cups** of water per day.



Celebrate **FOOD**

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**!



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 the good **conservationists** who protect the soil so that we can grow and raise our food.



Healthy Food Word Search

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

TS REMRA D F Z SYRBN ABCQWT
 RS JAWOTC NH RGSBOJ OVESUJ
 TNAHNIVF EX GKNIMYPLATE
 EFKCRV ORAL E T XTJPMNC
 TOW H CQXMOWXRWGTWSAQ
 QOAXSES RMZSTGDSLTVACSLIJ
 TLEPEERKSDIENUZVUIRYNXJ
 GDCRQRZBFRTBONESNTDBZOK
 KFFUUKZCTHQXJMBFEAEEYAQN
 ZXGAVAYEEUTPCHSOMNBBNWG
 NIDPNCRHSKQOGVIRIXEPENG
 ZMMEETZOIYCCRSVDVVNWZPWUK
 IGHBORSBOHPAIDKYSINEFEF
 N VJDOXENTCNAMSTFWUQPXB
 BITMEVGUSUMAFJWYNUAGAEIBT
 SSECJYXEFBBNOQASRCBXTUWMQ
 YPUTFSRABMHIPQXPWYZPIDLYH
 HZRROVWHYGMPRMVOVDIWRMUJ
 BWBFARNOIBRSRORAVCSMRKPZI
 CYVTBFPEGGEAXGYONHIEFPFQL
 XIIMVLZZEAPLIYLIKUUFTGCOL
 MOULELBATEGEVNLIOSIAJISIV
 NOMMHTKJAXHVNJSSLLWILLJDWD
 VIPHREEMNWVTKEXKWWEXTCVCA

September is National Ethnic Foods Month

September is a great month to visit a local farmers market to obtain fresh ingredients for exciting new recipes!



October is National Eat Better; Eat Together Month

The goal is for families to eat nutritious meals together. Visit nutrition.wsu.edu/ebet/toolkit.html for a free Eat Better; Eat Together toolkit. Use the MyPlate diagram to help plan nutritious family meals.



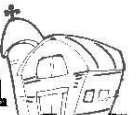
National Apple Pie Day is a favorite in **December**

There are many different kinds of apples, pick your favorite baking apple and treat your family! Visit your local orchard to select some tasty apples! Don't forget to visit your local library and read about Johnny Appleseed.



Nutrition Communicators Network Community Partner
 National Association of Conservation Districts (NACD)
www.nacdnet.org

Farm Sudoku



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.

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |



Food Group Sudoku

- | | |
|----|----|
| 1. | 2. |
| 3. | 4. |
| 5. | 6. |
| 7. | 8. |
| 9. | |

Use this grid to track your numbers.

Find Your Way To Good Nutrition

Find the way out of the maze below by following the **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

Start Here

Number of Healthy Food choices _____ x 5 = _____ Healthy Points

Number of Unhealthy Food choices _____ x 2 = _____ Unhealthy Points

Your Score! _____ - _____ = _____ Total Score

Healthy Points Unhealthy Points

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@naoetnet.org

