



# January

## 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <input type="checkbox"/> New Year's Day	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/> National Spaghetti Day
5 <input type="checkbox"/>	6 <input type="checkbox"/> National Bean Day	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/> National Apricot Day	10 <input type="checkbox"/>	11 <input type="checkbox"/> National Milk Day
12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>
19 <input type="checkbox"/> National Popcorn Day	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/> National Pie Day	24 <input type="checkbox"/> National Peanut Butter Day	25 <input type="checkbox"/>
26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>	
						 Join the Family Table today!


Track your weekly family meals by checking the box each day your family has a meal together!  
Remember to aim for at least three meals per week.

### Month Long Observances

National Blood Donor Month | National Hobby Month | National Hot Tea Month  
 National Mentoring Month | National Oatmeal Month | National Slow Cooking Month  
 National Soup Month | National Sunday Supper Month



# February 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <input type="checkbox"/>
2 <input type="checkbox"/> Groundhog Day	3 <input type="checkbox"/> National Carrot Cake Day	4 <input type="checkbox"/>	5 <input type="checkbox"/> World Nutella Day	6 <input type="checkbox"/> National Frozen Yogurt Day	7 <input type="checkbox"/>	8 <input type="checkbox"/>
9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/> Valentine's Day	15 <input type="checkbox"/>
16 <input type="checkbox"/> National Almond Day	17 <input type="checkbox"/> President's Day	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>
23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/> National Pistachio Day	27 <input type="checkbox"/> National Chili Day	28 <input type="checkbox"/>	29 <input type="checkbox"/>
						 Join the Family Table today!

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## Month Long Observances

American Heart Month | Canned Food Month | National Bake for Family Fun Month  
 National Cherry Month | National Grapefruit Month | National Hot Breakfast Month  
 National Snack Food Month | National Heart Month



# March

## 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/> National Cereal Day
8 <input type="checkbox"/> International Women's Day	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/> National Registered Dietitian Day	12 <input type="checkbox"/> National Pancake Day	13 <input type="checkbox"/>	14 <input type="checkbox"/> National Pi Day
15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/> St. Patrick's Day	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/> National Cheesecake Day	25 <input type="checkbox"/>	26 <input type="checkbox"/> National Spinach Day	27 <input type="checkbox"/>	28 <input type="checkbox"/>
29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>				
						 Join the Family Table today!

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Remember to aim for at least three meals per week.

### Month Long Observances

National Nutrition Month | National Caffeine Awareness Month  
 National Frozen Food Month | National Noodle Month | National Peanut Month  
 Multiple Sclerosis Awareness Month | National Women's History Month



# April

## 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <input type="checkbox"/> April Fools Day	2 <input type="checkbox"/> National PB&J Day	3 <input type="checkbox"/>	4 <input type="checkbox"/> National Vitamin C Day
5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>
12 <input type="checkbox"/> Easter	13 <input type="checkbox"/>	14 <input type="checkbox"/> National Gardening Day	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>
19 <input type="checkbox"/> National Garlic Day	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/> Earth Day	23 <input type="checkbox"/> National Picnic Day	24 <input type="checkbox"/> Arbor Day	25 <input type="checkbox"/> National Zucchini Bread Day
26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>		
						 Join the Family Table today!

Track your weekly family meals by checking the box each day your family has a meal together!  
Remember to aim for at least three meals per week.

### Month Long Observances

National Garden Month | National Humor Month | National Soy Foods Month  
National Pecan Month | Stress Awareness Month



# May 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					1 <input type="checkbox"/> May Day	2 <input type="checkbox"/>
3 <input type="checkbox"/> National Lemonade Day	4 <input type="checkbox"/>	5 <input type="checkbox"/> National Teacher Appreciation Day	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>
10 <input type="checkbox"/> Mother's Day	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/> National Apple Pie Day	14 <input type="checkbox"/>	15 <input type="checkbox"/> National Chocolate Chip Day	16 <input type="checkbox"/> National Armed Forces Day
17 <input type="checkbox"/> National Walnut Day	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>
24 <input type="checkbox"/>	25 <input type="checkbox"/> Memorial Day	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>
31 <input type="checkbox"/>						 Join the Family Table today!

Track your weekly family meals by checking the box each day your family has a meal together!  
Remember to aim for at least three meals per week.

## Month Long Observances

Celiac Disease Awareness Month | National Asparagus Month | National Egg Month  
 National Stroke Awareness Month | National Salad Month | National Salsa Month  
 National Strawberry Month | Skin Cancer Awareness Month



# June 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<input type="checkbox"/>	1 <input type="checkbox"/> National Olive Day	2 <input type="checkbox"/>	3 <input type="checkbox"/> National Egg Day	4 <input type="checkbox"/> National Cheese Day	5 <input type="checkbox"/> National Doughnut Day	6 <input type="checkbox"/>
7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/> National Herbs and Spices Day	11 <input type="checkbox"/> National Corn on the Cob Day	12 <input type="checkbox"/>	13 <input type="checkbox"/> National Get Outdoors Day
14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/> National Eat your Vegetables Day	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>
21 <input type="checkbox"/> Father's Day	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/> National Quiche Day
28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>				
						 Join the Family Table today!


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## Month Long Observances

Men's Health Month | National Camping Month | National Dairy Month | National Safety Month  
 National Iced Tea Month | National Great Outdoors Month



# July 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/> Independence Day
5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/> National Sugar Cookie Day	10 <input type="checkbox"/>	11 <input type="checkbox"/>
12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>
19 <input type="checkbox"/> National Ice Cream Day	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>
26 <input type="checkbox"/> National Parents Day	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/> National Avocado Day	
						 Join the Family Table today!


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Remember to aim for at least three meals per week.

## Month Long Observances

National Baked Bean Month | National Grilling Month | National Ice Cream Month  
National Picnic Month | National Hot Dog Month



# August 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 <input type="checkbox"/>
2 <input type="checkbox"/>	3 <input type="checkbox"/> National Watermelon Day	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/> National Zucchini Day
9 <input type="checkbox"/>	10 <input type="checkbox"/> National S'mores Day	11 <input type="checkbox"/>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>
16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/> National Ice Cream Pie Day	19 <input type="checkbox"/> National Potato Day	20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>
23 <input type="checkbox"/>	24 <input type="checkbox"/> National Waffle Day	25 <input type="checkbox"/>	26 <input type="checkbox"/>	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>
30 <input type="checkbox"/>	31 <input type="checkbox"/> National Trail Mix Day					 Join the Family Table today!

Track your weekly family meals by checking the box each day your family has a meal together! Remember to aim for at least three meals per week.

## Month Long Observances


Family Fun Month | National Peach Month | National Wellness Month | National Sandwich Month





# September

2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6 <input type="checkbox"/>	7 <input type="checkbox"/> Labor Day	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/>	12 <input type="checkbox"/>
13 <input type="checkbox"/> National Grandparent's Day	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/> National Guacamole Day	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/> Rosh Hashana Begins
20 <input type="checkbox"/>	21 <input type="checkbox"/> World Alzheimer's Day	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/>
27 <input type="checkbox"/>	28 <input type="checkbox"/> Yom Kipper Begins	29 <input type="checkbox"/> National Coffee Day	30 <input type="checkbox"/>			
						 Join the Family Table today!

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Remember to aim for at least three meals per week.

## Month Long Observances

Baby Safety Month | National Childhood Cancer Awareness Month  
 National Childhood Obesity Awareness Month | National Honey Month | National Potato Month  
 National Rice Month | National Self-Care Awareness Month



# October

## 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <input type="checkbox"/> World Vegetarian Day	2 <input type="checkbox"/>	3 <input type="checkbox"/>
4 <input type="checkbox"/> National Taco Day	5 <input type="checkbox"/>	6 <input type="checkbox"/> National Noodle Day	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>
11 <input type="checkbox"/>	12 <input type="checkbox"/> Columbus Day	13 <input type="checkbox"/>	14 <input type="checkbox"/> National Dessert Day	15 <input type="checkbox"/> National Mushroom Day	16 <input type="checkbox"/>	17 <input type="checkbox"/> National Pasta Day
18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/> National Apple Day	22 <input type="checkbox"/> National Nut Day	23 <input type="checkbox"/>	24 <input type="checkbox"/>
25 <input type="checkbox"/>	26 <input type="checkbox"/> National Pumpkin Day	27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/>
						 Join the Family Table today!

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Remember to aim for at least three meals per week.


### Month Long Observances

Eat Better, Eat Together Month | Emotional Wellness Month | Breast Cancer Awareness Month  
 Health Literacy Month | National Apple Month | National Dessert Month  
 National Pasta Month | National Pretzel Month | National Pizza Month



# November

## 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 <input type="checkbox"/> <small>Daylight Savings Time Ends</small>	2 <input type="checkbox"/>	3 <input type="checkbox"/> <small>Election Day National Sandwich Day</small>	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/>	7 <input type="checkbox"/>
8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/> <small>Veterans Day</small>	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/> <small>National Pickle Day</small>
15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/>	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/> <small>Thanksgiving Day</small>	27 <input type="checkbox"/>	28 <input type="checkbox"/>
29 <input type="checkbox"/>	30 <input type="checkbox"/>					
						 Join the Family Table today!

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Remember to aim for at least three meals per week.


### Month Long Observances

National Alzheimer's Disease Month | National Diabetes Month | National Gratitude Month  
National Peanut Butter Lovers Month | National Pomegranate Month



# December

## 2020

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <input type="checkbox"/>	2 <input type="checkbox"/>	3 <input type="checkbox"/>	4 <input type="checkbox"/>	5 <input type="checkbox"/>
6 <input type="checkbox"/>	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>	10 <input type="checkbox"/>	11 <input type="checkbox"/> Hanukkah Begins	12 <input type="checkbox"/>
13 <input type="checkbox"/> National Hot Cocoa Day	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/>	17 <input type="checkbox"/> National Maple Syrup Day	18 <input type="checkbox"/>	19 <input type="checkbox"/>
20 <input type="checkbox"/>	21 <input type="checkbox"/>	22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/> Christmas Eve	25 <input type="checkbox"/> Christmas Day	26 <input type="checkbox"/> Kwanzaa Begins
27 <input type="checkbox"/>	28 <input type="checkbox"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <input type="checkbox"/> New Year's Eve		
						 Join the Family Table today!

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### Month Long Observances

National Pear Month | National Root Vegetable and Exotic Fruits Month  
 National Human Rights Month | Worldwide Food Service Safety Month