



June 2018

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
<input type="checkbox"/> 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.					1 <input type="checkbox"/> Donut Day	2 <input type="checkbox"/> MyPlate Birthday
3 <input type="checkbox"/> National Hunger Awareness Day	4 <input type="checkbox"/>	5 <input type="checkbox"/>	6 <input type="checkbox"/> Cancer Survivors Day	7 <input type="checkbox"/>	8 <input type="checkbox"/>	9 <input type="checkbox"/>
10 <input type="checkbox"/> National Herb and Spice Day	11 <input type="checkbox"/> National Get Outdoors Day	12 <input type="checkbox"/>	13 <input type="checkbox"/>	14 <input type="checkbox"/>	15 <input type="checkbox"/>	16 <input type="checkbox"/> Fresh Veggies Day
17 <input type="checkbox"/> Eat Your Veggies Day Father's Day	18 <input type="checkbox"/>	19 <input type="checkbox"/> Turkey Lover's Day	20 <input type="checkbox"/>	21 <input type="checkbox"/> 1 st Day of Summer	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"/>	29 <input type="checkbox"/>	30 <input type="checkbox"/>



NDSU EXTENSION SERVICE

All Month Long

Better Breakfast Month
 Chicken Month
 Childhood Obesity Awareness Month
 Food Safety Education Month

Fruits and Veggies More Matters Month
 Papaya Month
 Potato Month

Rice Month
 Whole Grains Month
 Yoga Month