# The Family Table

## November 2017

### Calendar

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- **1** Deviled Egg Day
- **2** Sandwich Day
- **3** Daylight Saving Time Ends
- **4** Cook Something Bold Day
- **5** Veterans’ Day
- **6** Split Pea Soup Week
- **7** World Diabetes Day
- **8** Clean out Your Refrigerator Day
- **9** Homemade Bread Day
- **10** Take a Hike Day
- **11** Family Week
- **12** Eat a Cranberry Day
- **13** Thanksgiving Day
- **14** National Parfait Day
- **15** 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.

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### All Month Long

- Alzheimer’s Awareness Month
- Lung Cancer Awareness Month
- Peanut Butter Lovers Month
- Pomegranate Month
- Sweet Potato Awareness Month

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