



July 2018

Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
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"/>	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"/> Cherry Day	17 <input type="checkbox"/>	18 <input type="checkbox"/>	19 <input type="checkbox"/>	20 <input type="checkbox"/> Ice Cream Day	21 <input type="checkbox"/>
22 <input type="checkbox"/>	23 <input type="checkbox"/>	24 <input type="checkbox"/>	25 <input type="checkbox"/>	26 <input type="checkbox"/> Parents Day	27 <input type="checkbox"/>	28 <input type="checkbox"/>
29 <input type="checkbox"/>	30 <input type="checkbox"/>	31 <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.	



NDSU EXTENSION SERVICE

All Month Long

Apple Month
Cranberry Month
Eat Better, Eat Together Month

Farm to School Month
Pasta Month
Popcorn Popping Month

Pork Month
Vegetarian Awareness Month

