

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.



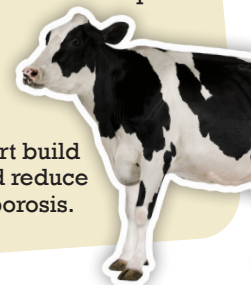
May is National **Egg Month**

Eggs are one of the most nutritious and inexpensive healthy protein foods available. They supply protein, **vitamins A, B6 and B12, riboflavin, folic 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 first born. **Dairy** foods like milk, cheese and yogurt build strong **bones** and reduce the risk of osteoporosis.



July is National **Picnic Month**

July 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 practice good **conservation** habits to protect the soil needed to grow and raise our food!



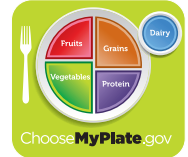
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September is **Ethnic Foods Month**

September is a great month to take advantage of a local **farmer's 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.

Healthy Food Word Search

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

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



There are many different kinds fresh fruit pies - try apple this month! 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.



Farm Sudoku

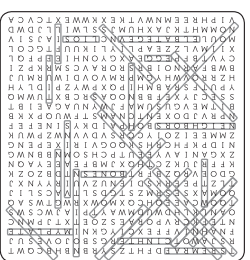
Solve these puzzles by filling them in so that **no picture** is repeated in a **row**, a **column** or a **square**. You can draw the pictures in or just use the numbers that go with each picture.

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Food Group Sudoku

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Find Your Way To Good Nutrition

Find the way out of the maze below by following the paths with **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**.



Finish Here

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

8	7	4	3	9	6	9
3	4	6	2	5	1	7
5	2	8	8	6	7	1
7	1	3	4	1	3	4
6	3	2	8	8	1	4
1	8	7	9	4	2	6
4	9	5	6	7	3	1
2	1	8	3	5	4	7
9	6	3	2	7	8	4
7	6	4	1	9	8	2



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@nacdn.net

