

# *Awareness & Commemorative Months & Days*

## *Health & Wellbeing Related (incl. food)*

### **January**

- National Mentoring Month
- Hot Tea Month
- National Soup Month
- Oatmeal Month

### **February**

- National Teen Dating Violence Awareness Month
- Work from Home Month (United States)
- World Cancer Day – 4<sup>th</sup>
- National Bird-Feeding Month

### **March**

- International Day of Happiness – 20<sup>th</sup>
- World Oral Health Day – 20<sup>th</sup>
- World Down Syndrome Day – 21<sup>st</sup>
- World Theatre Day – 27<sup>th</sup>
- National Celery Month
- National Frozen Food Month
- National Peanut Month

### **April**

- Financial Literacy Month
- National Child Abuse Prevention Month
- National Occupational Therapy Month
- National Volunteer Month
- Sexual Assault Awareness Month
- Fresh Florida Tomato Month
- National Food Month
- National Grilled Cheese Month
- National Pecan Month
- National Soft Pretzel Month
- National Soyfoods Month
- World Autism Awareness Day -2<sup>nd</sup>
- World Health Day – 7<sup>th</sup>
- World Haemophilia Day – 17<sup>th</sup>
- World Malaria Day – 25<sup>th</sup>
- World Day for Safety and Health at Work – 28<sup>th</sup>

### **May**



- Mental Health Awareness Month
- National Bike Month
- National Foster Care Month
- National Mobility Awareness Month
- National Strawberry Month
- World AIDS Vaccine Day – 18<sup>th</sup>
- World No-Tobacco Day – 31<sup>st</sup>
- World Asthma Day – First Tuesday

## June

- LGBT Pride Month
- Dairy Alternatives Month
- Dairy Month
- National Candy Month
- National Frozen Yogurt Month
- National Fruit and Vegetables Month
- National Ice Tea Month
- National Surimi Seafood Month
- National Turkey Lovers' Month
- Autistic Pride Day – 18<sup>th</sup>
- World Music Day – 21<sup>st</sup>
- International Day of Yoga -21<sup>st</sup>

## July

- National Ice Cream Month
- Berry Month
- Blueberry Month
- California Wild King Salmon Month
- Culinary Arts Month
- Grilling Month
- Horseradish Month
- Picnic Month
- World Hepatitis Day – 28<sup>th</sup>
- International Day of Friendship – 30<sup>th</sup>

## August

- Catfish Month
- Family Meals Month
- Get Acquainted with Kiwifruit Month
- National Dippin' Dots Month
- Panini Month
- Peach Month
- Sandwich Month
- World Breastfeeding Week – 1-7 August

## September



- Mold Awareness Month
- National Guide Dog Month (US)
- National Life Insurance Month
- National Suicide Prevention Month
- Better Breakfast Month
- California Wine Month
- Food Safety Education Month
- National Bourbon Heritage Month
- National Chicken Month
- National Childhood Obesity Awareness Month
- National Honey Month
- National Mushroom Month
- National Papaya Month
- National Potato Month
- National Rice Month
- National Whole Grains Month
- National Wild Rice Month

## October

- LGBT History Month (US)
- National Bullying Prevention Month (US)
- National Cyber Security Awareness Month
- National Dental Hygiene Month
- National Disability Employment Awareness Month
- National Domestic Violence Awareness Month
- National Farm to School Month
- National Physical Therapy Month
- National Pizza Month
- National Respect Life Month
- National Work and Family Month
- Pregnancy and Infant Loss Awareness Month
- National Chiropractic Health Month
- Breast Cancer Awareness Month
- Apple Month
- Celebrate Sun Dried Tomatoes Month
- Cranberry Month
- Eat Better, Eat Together Month
- Go Hog Wild - Eat Country Ham Month
- Halloween Safety Month
- National Chili Month
- National Cookie Month
- National Pizza Month
- National Popcorn Poppin' Month
- National Seafood Month
- Pasta Month
- Pork Month



- Spinach Lovers Month
- Vegetarian Awareness Month
- World Vegetarian Day – 1<sup>st</sup>
- International Day of Non-Violence – 2<sup>nd</sup>
- World Cerebral Palsy Day – 2<sup>nd</sup>
- World Thrombosis Day – 13<sup>th</sup>
- Global Handwashing Day – 15<sup>th</sup>
- World Food Day – 16<sup>th</sup>
- World Vasectomy Day – 18<sup>th</sup>
- World Osteoporosis Day – 20<sup>th</sup>
- International Day for the Eradication of Poverty – 17<sup>th</sup>
- International Stuttering Awareness Day – 22<sup>nd</sup>
- World Tripe Day 24<sup>th</sup>
- World Development Information Day – 24<sup>th</sup>
- Intersex Awareness Day – 26<sup>th</sup>
- World Stroke Day – 29<sup>th</sup>
- World Sight Day – Second Thursday
- World Smile Day – First Friday

## November

- National Adoption Month
- National Diabetes Awareness Month
- National Novel Writing Month
- National Peanut Butter Lovers Month
- Sweet Potato Awareness Month
- World Vegan Day – 1<sup>st</sup>
- International Day for Preventing the Exploitation of the Environment in War and Armed Conflict – 6<sup>th</sup>
- International Day of Radiology – 8<sup>th</sup>
- World Pneumonia Day – 12<sup>th</sup>
- World Kindness Day – 13<sup>th</sup>
- World Diabetes Day – 14<sup>th</sup>
- International Students Day – 17<sup>th</sup>
- World Prematurity Day – 17<sup>th</sup>
- International Men's Day – 19<sup>th</sup>

## December

- National Eggnog Month
- National Fruitcake Month
- National Pear Month
- World AIDS Day – 1<sup>st</sup>

