



HUNGER CALENDAR:

GREAT IDEAS FOR HUNGER EDUCATION ALL YEAR LONG!

This year-round calendar is design to provide you with an idea of good dates and months to plan the different hunger education and community service activities suggested throughout the resource book. Note that this calendar is based on dates for 2007, some dates will change in future years but the designated events generally will occur in the same week.

Also, you do not have to celebrate or plan activities around all dates provided; these are just ideas to get your creative juices going! You can modify them and plan around the dates that best fit your group's needs. Now, Take a look, Customize it (if you need to) and Have fun with it!

January

- **National Diet Month:** Discuss issues about dieting and the importance of a healthy and balanced life style. Also try fundraising activities, such as "Eat less, Feed more" (hosted by Auburn University's School of Pharmacy) in which people donate a certain amount of money per pound/inch lost to the issue of hunger.
- **National Soup Month:** This could be a great opportunity to do your own empty bowls banquet .
- **Fat Free Living Month:** Good opportunity to put a twist on the "Nutrition on a Mission" activity where participants fit into their budgets "Fat-Free/ Reduced Fat" products to promote healthier eating habits.
- **Poverty in America Awareness Month:** This is a great platform to discuss how poverty and hunger are interrelated issues. You could do the "web of connections."

Dates:

- 3rd Monday of January : Martin Luther King Day
- 1- New Year's Day
- 7- Christmas Day (Eastern Orthodox)
- 16- World Religion Day
- 17- Martin Luther King, Jr. Birthday observance
- 17-25 Kindness and Justice Challenge (www.dosomething.org)

February

- **Black History Month:** Discuss issues of diversity and get your group to have a cook-off picking different southern recipes. Also, you can suggest for the kids and parents to come up with their own “family” recipe book that illustrate the uniqueness of each family’s traditions—this activity is great to encourage parent-child participation.
- **National Canned Food Month:** Have your own canned-food drive at school or even better you could partner with a neighboring school to have a canned-food competition (e.g. The Auburn versus Alabama Food Drive). You could also have a canned-food design competition (e.g. AU can).
- **National Snack Food Month:** Do your own “snack-a-ton” to collect snack goods for your local food pantry!
- **Bake for Family Fun Month:** Organize a “family bake sale” where each family bakes a traditional bake good.
- **American History Month:** Discuss the history of different foods in the U.S. and the roots of its diversity.

Dates:

- 1-National Freedom Day
- 14-20 Random Acts of Kindness Week: Get participants do to one good thing per day for a week. Use the suggested community service activities
- 14- Valentine’s Day
- 19-26 National Brotherhood/Sisterhood Week
- 19-26 National FFA Week
- 20- Presidents’ Day
- 22-29 Eating Disorders Awareness Week

March

- **National Nutrition Awareness Month:** Too much or too little caloric intake is bad nutrition! Get kids thinking about nutrition by doing the “Nutrition on a mission” activity.
- **American Red Cross Month:** Tell children about the mission of the American Red Cross (ARC) around the world, invite your local ARC to speak to your group about what they do and how others can get involved.
- **Women's History Month:** Again 80% of the world’s hungry are women and children. Discuss how gender roles in families around the world are related to nutrition and food. You can also talk about the World Food Programme’s technique of delivering food only to women in order to ensure it gets to the children in the family (Go to http://www.wfp.org/food_aid/food_for_women/index.asp?section=12&sub_section=4 for more info)
- **National Social Work Month:**

Dates:

- **7-11 National School Breakfast Week:** Use the “cook book” activity and have different groups come up with healthy breakfast alternatives or you can also have

your group conduct research about what people in other parts of the world (Africa, South America, Europe, etc) eat for breakfast

- **7-11 Newspaper in Education Week**
- **8- International Women's Day:** Remember 80% of the world's hungry are women and children!
- **14-18 National Energy Education Week** NEED@erols.com
- **17-St. Patrick's Day**
- **20-Spring begins**
- **20-26 National Agriculture Week:** Engage in discussion of how agriculture and the lack of it are strongly related to issues of hunger. Go to <http://www.globaldevelopmentmatters.org/why-care-right-thing.asp#VI%202> for a great educational video on the issue.
- **20-26 Anonymous Giving Week**
- **21-International Day for the Elimination of Racial Discrimination (though the UN)**

April

- **Community Service Month:** Use the community service ideas suggested in your guidebook. Get creative, add a twist and have fun! See specific dates below.
- **National Food Month:** Again this month is good time to have a canned-food drive, do "Nutrition on a Mission, or use your cookbook.

Dates:

- 1- April Fools Day
- 7- World Health Day: Encourage your group to engage in healthy eating habits.
- 17-23 National Student Leadership Week: Get students to lead hunger and/or nutrition initiatives in their own communities.
- 17-23 National Volunteer Week (www.pointsoflight.org)
- 18 National Youth Service Day
- 22-Earth Day
- 29-National Arbor Day (www.arborday.org)

May

- **National Physical Fitness and Sports Month:** This could be the perfect time to host a spin-a-thon or a 5-K to benefit the hunger related charity of your choice.
- **National Salad Month:** Encourage your group to include salads in their diets. You could put a twist to "nutrition on mission" by adding a salad as a mandatory component to go in their grocery budget. Visit <http://abclocal.go.com/kabc/story?section=health&id=4520890> for a great article on a recent research study about the benefits of eating salad.
- **National Share A Story month:** Get a guest speaker who has a interesting story related to his or her experience with issues of hunger and/or nutrition and open the floor to others who might want to share their own stories.

- **First week of May is Fight Hunger Walk the World sponsor by WFP:** Go to <http://www.fighthunger.org/> for information on dates, location, and how to host your own walk.

Dates:

- 1-7- National Physical Education and Sports Week (www.naspe.org)
- Law Day (McKinneyB@staffabanet.org)
- 1-7- National Music Week
- 2-7- Respect for Law Week
- World Press Freedom Day (through the UN)
- 5 Cinco de Mayo
- 6 Holocaust Remembrance Day
- 8- Mothers Day
- 8 World Red Cross Day
- 30- Memorial Day

June

- **National Fresh Fruit and Vegetables Month:** See example from national salad month.
- **National Hunger Awareness Month:** Notice this is the month celebrate awareness about local hunger. Then, you could emphasize issues of hunger in the United States and Alabama during this month. Visit http://www.alfoodbanks.org/face_of_hunger/face_of_hunger.htm for useful facts.

Dates

- 1-United Nations International Day of Innocent Children Victims of Aggression
- 5- National Hunger Awareness Day
- 8- World Ocean Day
- 1-Stand for Children Day
- 5- World Environment Day (through the UN)
- 12 Race Unity Day
- 21-Summer begins

July

- **National Culinary Arts Month:** Have a culinary competition within your group. Assign different countries to different groups and learn about others countries cuisine

August

- **Harvest Month:** go to <http://www.organicconsumers.org/Organic/organicmonth.cfm> for ideas based on their Organic Harvest activity. You can suggest for students to plant a fruit and vegetable garden either at school or at home, under adult supervision for ideas go to http://www.geocities.com/green_cache/
- **National Water Quality Month:** Play the Web of connection activity to engage students in the discussion how of clean water is related to issues of hunger and poverty. (Go to http://www.actionagainsthunger.org/pressroom/from_field/water.html for informational resources)

September

- **National Hispanic Heritage Month (Celebrated from September 15 to October 15):** again, use resources such as the cook book to start a conversation about foods in countries of Hispanic origin. Take advantage of the discussion questions provided in activity!
- **National Cholesterol Awareness Month:** You can use the “cook book” or the “nutrition on a mission” activities as platforms to discuss the relation between food choices and issues of obesity and cholesterol. What kinds of foods are high in fat and cholesterol? How is cholesterol affect our health? Are some examples of the question that can help you lead the discussion.
- **National Organic Harvest Month:** Have your own organic product sale. Have your group do research about the benefits of organic products to be inform at the time of the sale. You could sale the War on Hunger Coffee Blend or even have a bake sale using organic products—the possibilities are endless, get creative!

Dates:

- 3 Labor Day
- 8 International Literacy Day (www.reading.org)
- 17 Citizenship Day
- 21 International Day of Peace www.un.org
- 22 Autumn begins

October

- **Diversity Awareness Month :** Think how diversity of cultures and ethnic background are related to food’s production, preparation, and availability. Put a twist on “nutrition on a mission” and visit the international foods section of the grocery store or use the web of connection to understand the interrelation between food, culture, and the country’s geography.
- **National Dessert Month:** this is a great opportunity to have a bake sale or a “dessert-a-ton”.

- **International Hunger Awareness Month:** Browse the web for initiatives in your community or surrounding areas. Go to www.bread.org, www.oxfam.org, www.fighthunger.org, www.americasecondharvest.org, or do your own search. Also, you can use this month as a platform for any of the community service ideas provided in this guide, such as the dance or spin-a-thon, the supper-bowl, a hunger walk, etc.
- **16 World Food Day (United Nations Food and Agriculture Administration):** Stay tuned to www.fmfh.org or FAO's official website for activities around this date. We recommend watching the Telecast with older participants.
- **Month of the Young Adolescent (www.nmsa.org):**
- **Child Health Month (www.aap.org):** Discuss issues of hunger and/or good nutrition and its relation to children's health and wellbeing.
- **UNICEF Month:** Visit www.UNICEF.org and search for related activities to child hunger.
- **3-9 National 4-H Week:** Present the hunger activity you like best at the national 4-H convention. You can even propose doing one of the activities at the national level, how about a National Championship of Hunger Jeopardy!

Dates

- 3 World Smile Day (www.worldsmileday.com)
- Get Organized Week (<http://www.napo.net/goweek/gwk.html#aboutgowk>)
- 4 World Habitat Day (UN)
- 10-16 National School Lunch Week
- 14 National Children's Day
- 16 World Food Day (through the UN)
- 22 International Stuttering Awareness Day
- 22 Make A Difference Day (www.pointsoflight.org)
- 23-30 Red Ribbon Week
- 24 United Nations Day
- 31 Halloween

November

- **National American Indian Heritage Month:** The Native American Population in the United States is specially affected by issues of food insecurity in the United States. Talk about it! If opportunity arises, bring a guest speaker to your group to talk about this issue.
- **Good Nutrition Month:** Good nutrition is not about too much food; it is about the right balance of nutrients. Therefore, bad nutrition could be too much or not enough food. Talk about issues of obesity and issues of hunger. How are the similar and different? You can foster this discussion by using "nutrition on a mission" or the "cook book" activities.

Dates:

- 8-14 World Kindness Week
- 8-14 Youth Appreciation Week (headquarters@optimist.org)
- 11 Armistice Day (also Remembrance Day)

- 13 World Kindness Day
- 14-20 American Education Week
- 15 America Recycles Day
- 14-20 Youth Appreciation Week
- 16 UN International Day for Tolerance
- 17- National Education Support Personnel Day (www.nea.org)
- 18- National Parental Involvement Day
- 19- National Community Education Day (ncea@ncea.org)
- 21- World Hello Day (www.worldhelloday.org)
- 21-27 National Family Week (www.familyweek.org)
- 22- National Stop the Violence Day
- **25 (+/- a day) Thanksgiving** : The week around Thanksgiving is great to host a soup kitchen or any kind of community project that brings a warm plate of food to those less fortunate in the community!

December

- **Universal Human Rights Month:** The right to proper nutrition is stated as one of the Universal Human Rights. However, not everyone in the world has enough to eat. As a matter of fact, about 900 million people go to bed hungry every night. Encourage a discussion around this discrepancy. You could use the “web of connection” or the “tree” activity to facilitate the discussion.

Dates:

- World Aids Day (www.aawhealth.org)
- 8-15 Hanukkah
- 10-Human Rights Day (through the UN)
- 15- Bill of Rights Day
- 10-16 Human Rights Week
- 25-Christmas
- 26-Jan.1 Kwanza