July

Key Dates in July 2021

3rd National Eat Your Beans Day
4th Independence Day
4th National Caesar Salad Day
5th National Graham Cracker Day
7th World Chocolate Day
14th FNCE® early bird registration opens
18th National Ice Cream Day
29th National Chicken Wing Day
29th National Lasagna Day
30th Foundation scholarship recipients notified
31st National Avocado Day
19-23: National Youth Sports Week
National Baked Bean Month
National Blueberry Month
National Culinary Arts Month
National Grilling Month
National Park and Recreation Month
National Picnic Month

Talking Points

Culinary Lingo (National Culinary Arts Month)
Understanding the basics of different culinary terms is key to preparing delicious, nutritious meals at home. Whether you are new to the kitchen or an experienced chef, learn more during National Culinary Arts Month.


• By knowing different culinary techniques, you can bring out the flavor of foods without adding extra ingredients or calories.

• Healthful cooking techniques require only a small amount of fat, salt or extra ingredients to boost flavor. For example, sautéing and stir-frying foods use a small amount of oil, compared with frying or deep-frying. Steaming helps foods retain more nutrients.

• Remember, regardless of how you prepare food, it is important to follow food safety guidelines and cook all foods to the appropriate internal temperature.

How to Prevent 7 Picnic Food Safety Mistakes (National Picnic Month)
Summer is picnic season! When enjoying meals outdoors, follow these food safety guidelines.

https://www.eatright.org/health/lifestyle/seasonal/how-to-prevent-7-picnic-food-safety-mistakes

• Before packing for your picnic, sanitize your cooler and wash reusable bags that you'll use to transport food. Then, pack food in clean, tightly sealed containers.

• To ensure your food stays cool, pack the cooler about three-quarters of the way full of food, reserving one-quarter of the space for ice packs. If possible, chill or freeze the food beforehand.

• Never reuse ice. If you’re bringing ice to use in beverages, pack it in a separate sealed bag. This will help avoid spreading bacteria from the surfaces of food containers or other items in the cooler.

• Don’t let food sit out for more than two hours. If the temperature outside is 90°F or above, food is safe to sit outside for an hour at most.

Sample Social Media Posts

July is #NationalCulinaryArtsMonth! To prepare more nutritious and tasty meals at home, review this glossary of common #cooking techniques: https://sm.eatright.org/listculinaryterms #eatright

Summer is picnic season! When enjoying meals outdoors with your family, always follow these food safety guidelines for a healthy and safe experience: https://sm.eatright.org/fspicnic #eatright #NationalPicnicMonth

For this #recipe, combine two summer favorites — blueberries and barbecue — in a tangy and sweet sauce! https://sm.eatright.org/bbqbluebrrychk #eatright #NationalBlueberryMonth

Berries, avocados, tomatoes and watermelons are in-season during summer! Use these ideas to introduce them to your family: https://sm.eatright.org/summerfoodskids #eatright #kidseatright

Want to stay up to date on #nutrition trends, network and earn #RDNCPE from the convenience of your home? Attend the #FNCE 2021 virtual event! Registration opens July 14: https://sm.eatright.org/FNCEeq2021 #eatrightPRO
Help your patients or clients have a healthy and happy summer!

Summer is a time for eating outside, grilling, participating in outdoor activities and enjoying the warm weather. To ensure your clients or patients celebrate summer in a healthy and safe way, use the Academy’s handy resources.

Share ways to think beyond the traditional favorites when grilling. For example, some great grilling options include ground turkey burgers, roasted vegetables or tofu. Promote the importance of food safety when grilling and serving meals outdoors, too.

It’s vital to stay hydrated and eat nutritious foods when camping, hiking and going to the beach. If your clients or patients exercise outdoors in hot weather, share tips for preventing dehydration.

When the weather gets hot, the last thing many people want to do is use the stove, so share ways to prepare meals without one. You also can share some refreshing beverage ideas and tips for cooking with seasonal berries such as blueberries, strawberries, blackberries and raspberries.

Throughout summer, share your favorite warm-weather tips and recipes on social media.

Sample Social Media Posts

To take classic lemonade to the next level, prepare a refreshing drink with strawberries and sparkling water! Try this #recipe: https://sm.eatright.org/strwlemonade #eatright #kidseatright

Camping and hiking are perfect ways to enjoy the outdoors. Just be sure to keep foodsafety in mind! Here are some tips: https://sm.eatright.org/camphikeHFS #eatright

The next time you fire up the grill, build a healthful barbecue of lean meats paired with seasonal fruits and vegetables! Use these ideas: https://sm.eatright.org/cookouthealthy #eatright

Don’t want to cook meals with your stove due during hot weather? Follow these tips to prepare quick, nutritious meals while staying cool in the kitchen: https://sm.eatright.org/mealsnostove #eatright
Breastfeeding offers many benefits to babies and new moms! To set yourself up for success before your baby arrives and during the first year, use these tips: https://sm.eatright.org/breastfeedingbasics

#eatright #kidseatright #NBM21

Aug. 1-7: Food at the farmers market often is affordable, delicious and locally grown! Use these tips for navigating a farmers market and selecting nutritious foods: https://sm.eatright.org/marktfarmers

#eatright #FarmersMarketWeek

Tired of typical sandwiches? Spread chicken salad between slices of whole-grain bread! Make this simple #recipe: https://sm.eatright.org/chickensalad

#eatright #NationalSandwichMonth

Did you know August is Children’s Eye Health and Safety Month? Serve these nutritious foods to your family to promote eye health: https://sm.eatright.org/foodseyehealth

#eatright #KERmonth

To encourage your children to enjoy nutritious foods, let the concept of healthful eating evolve and sink in naturally. Use these tips during #KidsEatRightMonth: https://sm.eatright.org/embracehlthy

#eatright #KERmonth

**Key Dates in August 2021**

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<thead>
<tr>
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<td>FNCE® early bird registration closes</td>
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<td>31st</td>
<td>National Trail Mix Day</td>
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**Talking Points**

**Breastfeeding Basics for New Moms (National Breastfeeding Month)**

Multiple organizations, including the Academy of Nutrition and Dietetics, recommend babies be fed exclusively with breast milk for the first six months. During National Breastfeeding Month, learn why breastfeeding is beneficial to new moms and their babies. [https://www.eatright.org/health/pregnancy/breast-feeding/breastfeeding-basics-for-healthy-babies](https://www.eatright.org/health/pregnancy/breast-feeding/breastfeeding-basics-for-healthy-babies)

- During the third trimester of pregnancy, take time to learn about breastfeeding so you are informed and confident when your baby arrives. Take a breastfeeding class at your hospital, doctor’s office or Women, Infants and Children clinic.
- After delivering your baby, start nursing as soon as possible. If you experience difficulties with early breastfeeding, most hospitals have a lactation specialist who can help you find solutions.
- When breastfeeding at home during the baby’s first year, make yourself comfortable. Find a comfortable position in a supportive chair. Nutrient-rich foods and fluids are crucial for new moms, too.

**Shop the Farmers Market (National Farmers Market Week)**

In many cases, food at the farmers market is affordable, locally grown and naturally ripened. During National Farmers Market Week and beyond, learn how to navigate the market and select delicious options. [https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/for-tops-in-nutrition-shop-farmers-market](https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/for-tops-in-nutrition-shop-farmers-market)

- To learn how the foods are grown, talk to the farmers! Many farmers will give you ideas for serving and preparing their food.
- If you want your pick of certain food items, arrive before the crowds. If you’re looking for deals, however, come to the market later. Sometimes sellers offer discounts for produce remaining at the end of the day.
- To find your local markets and learn what your local farmers are harvesting right now, consider using websites such as the USDA’s Local Food Directories.

**Sample Social Media Posts**

#Breastfeeding offers many benefits to babies and new moms! To set yourself up for success before your baby arrives and during the first year, use these tips: [https://sm.eatright.org/breastfeedingbasics](https://sm.eatright.org/breastfeedingbasics) #eatright #kidseatright #NBM21

Aug. 1-7: Food at the farmers market often is affordable, delicious and locally grown! Use these tips for navigating a farmers market and selecting nutritious foods: [https://sm.eatright.org/marktfarmers](https://sm.eatright.org/marktfarmers) #eatright #FarmersMarketWeek

Tired of typical sandwiches? Spread chicken salad between slices of whole-grain bread! Make this simple #recipe: [https://sm.eatright.org/chickensalad](https://sm.eatright.org/chickensalad)

#eatright #NationalSandwichMonth

Did you know August is Children’s Eye Health and Safety Month? Serve these nutritious foods to your family to promote eye health: [https://sm.eatright.org/foodseyehealth](https://sm.eatright.org/foodseyehealth)

#eatright #KERmonth

To encourage your children to enjoy nutritious foods, let the concept of healthful eating evolve and sink in naturally. Use these tips during #KidsEatRightMonth: [https://sm.eatright.org/embracehlthy](https://sm.eatright.org/embracehlthy)

#eatright #KERmonth
August is Kids Eat Right Month™.

Each August, the Academy and its Foundation celebrate Kids Eat Right Month™. The annual campaign focuses on the importance of healthful eating and active lifestyles for children and families, featuring expert advice from registered dietitian nutritionists.

Throughout August, encourage your clients or patients to be positive role models for their kids and help them develop healthy habits. If their children are hesitant to try new foods, there are plenty of ways to lay a foundation for stress-free, adventurous eating habits. And, promoting a positive body image is especially important.

In addition to healthful eating, Kids Eat Right Month™ is a great time to teach families about physical activity. People can make fitness fun for the whole family by adding more movement to their daily routine. Some easy ways to get started are helping with household chores, taking family walks or bike rides, or participating in organized activities such as sports.

August also is the perfect time for parents to start cooking with kids! Here is an infographic of fun, age-appropriate tasks.

Throughout Kids Eat Right Month™, use the hashtags #KERmonth and #kidseatright to spread the word on social media. As we get closer to August, there will be more resources for both consumers and registered dietitian nutritionists on eatright.org.

Sample Social Media Posts

Want your kids to be more involved in the kitchen? During #KidsEatRight Month, use these age-appropriate ideas to prepare meals as a family: https://sm.eatright.org/kitchentaskkid #eatright #KERmonth

At least 60 minutes of physical activity a day helps older children and adolescents grow strong bones and muscles, build endurance and perform well in school. To encourage your family to get active, use these tips: https://sm.eatright.org/getactivekids #eatright #kidseatright #KERmonth

#KidsEatRight Month is a great time to help your children develop a positive body image. Follow these five steps: https://sm.eatright.org/bodyimagepos #eatright #KERmonth

For many children, trying new foods can be scary! Luckily, parents can encourage their kids to become more adventurous eaters. Here are eight strategies: https://sm.eatright.org/adventurousEaters #eatright #kidseatright #KERmonth
Support the Foundation during Kids Eat Right Month™!

During Kids Eat Right Month™ and all year long, the Academy of Nutrition and Dietetics Foundation is committed to promoting a healthy future for the nation’s children.

To support the Foundation’s efforts, consider donating to the Nutrition Education for the Public Fund. A gift to this fund expands the Foundation’s impact through collaborations and public educational efforts, helping create a world where all people thrive through the transformative power of food and nutrition. You can make a one-time donation or set up monthly reoccurring donations.

Also, consider supporting the Foundation while shopping on AmazonSmile. When you shop at smile.amazon.com, you will find the same low prices and convenient shopping experience as Amazon.com. However, Amazon will donate 0.5% of the purchase price to the Foundation.

In addition to the Academy’s consumer-facing resources on eatright.org, use the Foundation’s Kids Eat Right™ resources. Geared toward nutrition and dietetics professionals, these resources are ideal for meetings and presentations and include infographics, webinars, toolkits and more!

Sample Social Media Posts

Did you know you can support the Foundation while shopping online via AmazonSmile? Learn more and get started: https://sm.eatright.org/Amazonsmileshop #eatrightPRO

Are you looking for fun, engaging ways to promote #KERmonth? Use these resources from the Academy Foundation! https://sm.eatright.org/FoundationKERresources #eatrightPRO

#KERmonth is the perfect time to set up a monthly recurring donation to the Academy Foundation, which provides year-round support for scholarships, awards, research grants and more! Get started: https://sm.eatright.org/supportFoundation #eatrightPRO

Support #KERmonth during August by donating to the Foundation’s Nutrition Education for the Public Fund! Learn more: https://sm.eatright.org/supportFoundation #eatrightPRO
Attend the Foundation’s virtual events during FNCE®!

From October 16 - 19, the Food & Nutrition Conference & Expo™ will be a virtual event experience, with lots of opportunities to earn CPE, network and learn. During FNCE®, the Foundation relies on its events to support its annual programs, including scholarships, awards and research grants.

While the Foundation will miss seeing everyone in person, you can join the fun virtually to show your support! One event to attend is the No Show Foundation Gala. In place of the traditional event, stay home and donate to the No Show Foundation Gala while posting at-home Gala photos on social media with #NoShowFoundationGala. The FNCE® Foundation Silent Auction also will be held online, providing 24-hour, mobile bidding to all Academy members!

To earn free CPEUs, sign up for the Foundation Symposia when registering for FNCE®. And, if you’re looking for a way to unplug and get moving, participate in the virtual 5k run/walk. On social media, post photos using #werundietetics.

The Foundation offers opportunities for students, too. Recipients of a Foundation student stipend will be awarded complimentary registration to FNCE®. For consideration, apply by August 31.

Sample Social Media Posts

Nutrition and dietetics students: Apply for a student stipend to receive complimentary registration for FNCE! Start your application: https://sm.eatright.org/studentstipendFNCE #eatrightPRO

During FNCE, take a break from technology and join the Foundation’s virtual 5K run/walk! Sign up: https://sm.eatright.org/FoundationFNCEevents #eatrightPRO #werundietetics

The NoShowFoundationGala is a great way to enjoy time with colleagues while supporting the Foundation, from the comfort of your home! Learn more and register: https://sm.eatright.org/FoundationFNCEevents FNCE #eatrightPRO

At the FNCE 2021 virtual event experience, there are lots of fun, engaging ways to support the Foundation! Here’s an overview of this year’s events: https://sm.eatright.org/FoundationFNCEevents #eatrightPRO
September

Key Dates in September 2021

1st FNCE® standard registration opens
1st Get a Member, Get a Dues Credit Program begins
4th National Macadamia Nut Day
6th Labor Day
10th Recipients of Foundation Student Stipends for FNCE® notified
13th National Celiac Disease Awareness Day
13th National Peanut Day
16th National Guacamole Day
25th National Cooking Day
26th Better Breakfast Day
29th National Coffee Day
29th National Women’s Health & Fitness Day
29th World Heart Day
30th FNCE® standard registration closes

Childhood Cancer Awareness Month
Healthy Aging Month
National Childhood Obesity Awareness Month
National Cholesterol Education Month
National Food Safety Education Month
National Honey Month
National Mushroom Month
National Prostate Cancer Awareness Month
National Rice Month
National Yoga Month
Ovarian Cancer Awareness Month
Spotlight on Malnutrition Month
Whole Grains Month
World Alzheimer’s Month

Talking Points

Common Food Safety Mistakes (National Food Safety Education Month)
Approximately 48 million Americans get sick from food poisoning each year. During National Food Safety Education Month, follow these steps to prevent food safety mistakes.

- Always wash your hands for at least 20 seconds with soap and running water before and after handling food.
- Never let raw meat, poultry or seafood touch cooked meat or any ready-to-eat foods, as this can cause cross-contamination. Always use separate plates, cutting boards and utensils to prevent this from happening.
- Sponges and dishcloths are some of the dirtiest tools in your kitchen. For best protection against germs, clean your sponges daily and replace them regularly.
- To avoid eating undercooked foods, use a food thermometer. This is the only way to determine if cooked foods are safe to eat. Do not rely on sight, smell or taste alone.

What is Cholesterol? (National Cholesterol Education Month)
September is National Cholesterol Education Month, a great time to learn what causes high cholesterol and how to prevent or manage the condition.
https://www.eatright.org/health/wellness/heart-and-cardiovascular-health/what-is-cholesterol

- Cholesterol is a waxy substance found in animal-based foods that we eat and in our body’s cells. If there is too much cholesterol in the body, it builds up. The waxy buildup, called plaque, sticks to the insides of the arteries, which can put you at risk for stroke or heart disease.
- Many things may increase your risk of high cholesterol, including age, genetics, smoking, diet, obesity and physical inactivity.
- You can help keep cholesterol in check by enjoying foods with plant sterols and stanols, limiting your intake of saturated fats, selecting lean protein foods and eating foods with soluble fiber.

Sample Social Media Posts

Did you know approximately 48 million Americans get food poisoning each year? During #FoodSafety Education Month, use these tips to reduce your family’s risk: https://sm.eatright.org/mistakes10HFS #eatright

September is National Cholesterol Education Month. Learn how to keep your cholesterol in check by making positive #nutrition and lifestyle changes: https://sm.eatright.org/CholesterolWhats #eatright #hearthealth

Sautéed herbed mushrooms are delicious over polenta, tossed with pasta, spread over pizza crust or as a side for meat, poultry and fish. In honor of #NationalMushroomMonth, try this #recipe: https://sm.eatright.org/sauteedmushrooms #eatright

Make whole grains a delicious and nutritious part of your family’s eating plan! Learn how to identify whole-grain foods and serve them in a kid-friendly way: https://sm.eatright.org/wholegrainwhats #eatright #kidsateatright #WholeGrainsMonth

#FNCE 2021 will be a virtual event experience from October 16-19! Register to attend groundbreaking educational sessions, experience the online expo, earn #RDNCPE and much more: https://sm.eatright.org/FNCEreg2021 #eatrightPRO
September is World Alzheimer’s Month.

World Alzheimer’s Month is the international campaign created by Alzheimer’s Disease International (ADI). It takes place every September to raise awareness and challenge the stigma surrounding dementia. Also, World Alzheimer’s Day is on September 21 each year.

Individuals with dementia experience forgetfulness and memory loss. While many people with dementia do not follow a specific eating plan, it is not uncommon for people with dementia to struggle to maintain a healthy body weight. If your clients or patients have dementia, share these nutrition tips with their families.

While no food or supplement can cure memory loss, research suggests that nutrition plays a role in brain health. Also, omega-3 fatty acids found in fish, which contain docosahexaenoic acid, or DHA, is linked to improved memory.

Throughout September, spread the word on social media with the hashtag #WorldAlzheimersMonth.

Sample Social Media Posts

During WorldAlzheimersMonth, support your brain health by maintaining a balanced eating plan of fruits, vegetables and omega-3 fatty acids. Learn more: https://sm.eatright.org/foodsupportmemory eatright

Research suggests that improved memory is just one of many benefits associated with eating fish! Throughout WorldAlzheimersMonth and beyond, use these tips to add more fish to your meals: https://sm.eatright.org/brainfish eatright

If you or a family member has Alzheimer’s, a registered dietitian nutritionist can provide individualized, evidence-based resources. Learn what to expect when visiting an RDN: https://sm.eatright.org/visitRDN10reasons eatright WorldAlzheimersMonth

For some people with dementia, the condition may affect food and nutrition habits. Learn how a registered dietitian nutritionist can help: https://sm.eatright.org/dementianutrition eatright WorldAlzheimersMonth
Coming Soon:

October  
Food & Nutrition Conference & Expo™

November  
Gastroesophageal Reflux Disease (GERD) Awareness Week

December  
Healthful eating during the holidays

Follow the Academy on social media!

For professional news and updates:

facebook  
https://www.facebook.com/eatrightPRO

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https://twitter.com/eatrightPRO

linkedin  
https://www.linkedin.com/company/eatrightpro/

instagram  
https://www.instagram.com/eatright_PRO/

youtube  
https://www.youtube.com/user/EatRightPROtv

twitter  
https://twitter.com/eatrightFNCE

For messaging to share with clients and consumers:

facebook  
https://www.facebook.com/EatRightNutrition

twitter  
https://twitter.com/eatright

youtube  
https://www.youtube.com/user/EatRightTV

pinterest  
https://www.pinterest.com/kidseatright/

The Academy of Nutrition and Dietetics is the world’s largest organization of food and nutrition professionals. The Academy is committed to improving health and advancing the profession of dietetics through research, education and advocacy.