**Key Dates in July 2020**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>4th</td>
<td>Independence Day</td>
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<td>4th</td>
<td>National Caesar Salad Day</td>
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<td>5th</td>
<td>National Graham Cracker Day</td>
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<td>7th</td>
<td>World Chocolate Day</td>
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<td>19th</td>
<td>National Ice Cream Day</td>
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<td>29th</td>
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<td>31st</td>
<td>National Avocado Day</td>
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<td>20-24</td>
<td>National Youth Sports Week</td>
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<td>National Baked Bean Month</td>
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<td>National Blueberry Month</td>
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<td>National Culinary Arts Month</td>
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<td>National Grilling Month</td>
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<td>National Park and Recreation Month</td>
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<td>National Picnic Month</td>
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**Talking Points**

**Picnic with Your Toddler (National Picnic Month)**
Have a toddler or preschooler? During National Picnic Month, take your family’s meal outside and prepare a fun, nutritious spread! [https://www.eatright.org/food/nutrition/eating-as-a-family/picnic-with-your-toddler](https://www.eatright.org/food/nutrition/eating-as-a-family/picnic-with-your-toddler)

- You don’t have to travel far to have a picnic! The backyard is a great place to enjoy a meal outside. If you don’t have a backyard or the weather is uncooperative, your basement or living room will work.
- Add plenty of fruits and vegetables to your meal. Some toddler-friendly choices are fresh berries, pieces of banana, quartered grapes, cherry tomatoes and steamed baby carrots (no larger than a half inch in size).
- Always follow proper food safety guidelines. Make sure your picnic stays fresh by packing perishables in a cooler with ice. Everyone should wash their hands before leaving the house and carry plenty of antibacterial gel and wipes for a quick pre-picnic cleanup.

**Berries and Spinach Smoothie Recipe (National Blueberry Month)**
During National Blueberry Month, incorporate this fruit into your meals and snacks! One delicious, refreshing way to use blueberries is in a smoothie. [https://www.eatright.org/food/planning-and-prep/recipes/berries-and-spinach-smoothie-recipe](https://www.eatright.org/food/planning-and-prep/recipes/berries-and-spinach-smoothie-recipe)

- Packed with antioxidants, dietary fiber and vitamin C, berries are a nutritional powerhouse. According to MyPlate, young kids (2 to 3 years old) need 1 cup of fruit per day. Older children (4 to 13 years old) need 1½ cups of fruit per day, and most teenagers need 1½ cups per day.
- In addition to blueberries, this smoothie recipe is loaded with nutritious ingredients including milk, bananas, kiwi and spinach.
- Prepare this smoothie with your children to help them learn cooking skills, such as measuring ingredients and cutting fruit.

**Sample Social Media Posts**

*During #NationalPicnicMonth, have a picnic with your toddler or preschooler at home! Here are ways to make it a fun, healthy experience:* [https://sm.eatright.org/picnickids #eatright #kidseatright](https://sm.eatright.org/picnickids)

*July is #NationalBlueberryMonth! To reap the nutritional benefits, prepare this delicious Berries and Spinach Smoothie #recipe:* [https://sm.eatright.org/berrysmoothie #eatright #kidseatright](https://sm.eatright.org/berrysmoothie)

*During the warmer #summer months, you may not want to use your stove as often. Luckily, there are plenty of other ways to prepare nutritious meals!* [https://sm.eatright.org/mealnum #eatright](https://sm.eatright.org/mealnum)

*FNCE 2020 is going virtual and will be held October 17 to 20! This decision was made to keep attendees, presenters, exhibitors and staff safe during the COVID-19 pandemic. Learn more:* [https://sm.eatright.org/virtualFNCE #eatrightPRO](https://sm.eatright.org/virtualFNCE)

*Telehealth is an emerging area of practice for many nutrition and dietetics professionals. Use these resources for providing telehealth services and care to patients and clients:* [https://sm.eatright.org/telehealth #eatrightPRO](https://sm.eatright.org/telehealth)
Celebrate National Grilling Month at home.

July is National Grilling Month! Throughout summer, encourage your patients and clients to fire up the grill and prepare tasty, nutritious meals for their families.

To build a healthful barbecue, start with protein foods and seasonal fruits and vegetables. Grill lean cuts of meat, fish or turkey burgers. Tofu, tempeh or bean-based burgers are great vegetarian options, too. Grill vegetables such as red peppers, corn on the cob, eggplant, summer squash, sweet potatoes, cherry tomatoes, mushrooms or onions. For dessert, grilled fruit is a flavorful, nutritious option!

When grilling, always keep food safety in mind. Use a food thermometer, keep the grill clean, prevent cross-contamination and store leftovers correctly.

Throughout July, share your grilling tips and recipes using #NationalGrillingMonth.

Sample Social Media Posts

Think beyond the traditional favorites for your next barbecue! Here are some tasty protein, vegetable, salad and dessert ideas: https://sm.eatright.org/cookouttips #eatright #NationalGrillingMonth

Looking for a fun, vegetarian #recipe to prepare on the grill? Your family will enjoy these Chickpea Sliders with Barbecue Sauce! https://sm.eatright.org/vegslider #eatright #kidseatright #NationalGrillingMonth

During a barbecue, always keep #nutrition and #foodsafty in mind! Here are some helpful, hot-off-the-grill tips: https://sm.eatright.org/bbqfireup #eatright #NationalGrillingMonth

When grilling, cross-contamination tops the list of #foodsafty concerns. Luckily, you can prevent it by following these five strategies: https://sm.eatright.org/HFSgrill #eatright #NationalGrillingMonth
Key Dates in August 2020

1st  National Mustard Day
3rd  National Watermelon Day
5th  National Oyster Day
8th  National Zucchini Day
15th National Relaxation Day
18th National Fajita Day
19th National Potato Day
19th World Humanitarian Day
24th National Waffle Day
29th National More Herbs, Less Salt Day
31st National Trail Mix Day

August 1-7: World Breastfeeding Week
August 2-8: National Farmers Market Week
Children’s Eye Health and Safety Month

Kids Eat Right Month™
National Breastfeeding Month
National Sandwich Month

Talking Points

How Much Water Do You Need?
During the warm summer months, it’s especially important to stay hydrated. Many factors impact how much water you need, including your age, gender, activity level and overall health.
https://www.eatright.org/food/nutrition/healthy-eating/how-much-water-do-you-need

- If you lose more water than you take in, your body can become dehydrated. Dehydration can cause headaches, dizziness or digestion problems. Medical attention often is needed with severe dehydration, since it can lead to more serious problems such as confusion, kidney failure and heart problems.
- It also is possible to become overhydrated. Although this is not as common, athletes and individuals with certain medical conditions may be at higher risk for overhydration. Symptoms of severe overhydration are often similar to dehydration and may require medical attention.
- To maintain good health, it’s important to replace water loss in your body. You can do this by enjoying a variety of beverages, as well as eating foods that have a high water content, such as fruits and vegetables.

Build a Healthy Sandwich (National Sandwich Month)
August is National Sandwich Month! Use these tips to build a nutritious, tasty sandwich for lunch or dinner.
https://www.eatright.org/food/planning-and-prep/recipes/build-a-healthy-sandwich

- Start with two slices of whole-grain bread or a wrap, then add a lower-sodium meat option. If you follow a vegetarian diet, use plant-based options such as hummus, tempeh or seitan. For extra nutrition, add vegetables such as cucumbers, tomatoes and green peppers.
- Nut butters are nutritious choices for sandwiches, too. They have heart-healthy fats that may help reduce the risk of heart disease and stroke later in life.
- When selecting options from a sandwich shop or deli counter, ask for mayonnaise and other sauces on the side.

Sample Social Media Posts

During #summer, proper hydration is especially important! Learn how much water your body needs each day:
https://sm.eatright.org/howmuchwater #eatright

Sandwiches can be a quick, economical option for lunch or dinner! Watch this video to learn how to build a nutritious sandwich:
https://sm.eatright.org/hlthysandwichvid #eatright #NationalSandwichMonth

#Breastfeeding provides many health benefits for babies and moms alike! Learn more during National Breastfeeding Month:
https://sm.eatright.org/benefitsbreastfeeding #eatright #kidseatright #NBM20

During the COVID-19 pandemic, registered #dietitian nutritionists are on the front lines providing the best possible nutrition care to patients. Watch the free Front Line Series of #webinars to learn more: https://sm.eatright.org/COVIDfrontline #eatrightPRO

The Academy offers many resources for members to advance their skills! Review this list of educational opportunities:
https://sm.eatright.org/CPEmembers #eatrightPRO
August is Kids Eat Right Month™!

Each August, the Academy of Nutrition and Dietetics and its Foundation celebrate Kids Eat Right Month™. This initiative was created to share ways parents, schools, community leaders and registered dietitian nutritionists can promote a healthy future for children.

Encourage your patients and clients to get their kids involved in the kitchen. This helps get children excited about eating new foods and can help them become better eaters. Promote the importance of family meals, too. While many families don’t always have time to prepare a homemade dinner, there are plenty of ways to cook quick, nutritious meals.

In addition to healthful eating, share the importance of maintaining smart lifestyle habits. One important habit is to get enough sleep. Studies show that getting enough sleep is related to maintaining a healthy weight. Physical activity also is essential, and luckily, there are plenty of ways kids can stay active throughout the day.

Visit eatright.org for articles about children’s nutrition for all ages, recipes, food allergies and more. Throughout the month, share your tips on social media using the hashtags #KERmonth and #kidseatright.

Sample Social Media Posts

Incorporating physical activity into your family’s schedule is easier than you think! Here are 10 fun ideas: https://sm.eatright.org/famfunfit #eatright #kidseatright #KERmonth

Have a toddler or preschooler? Get them involved in the kitchen! Use these tips to get started: https://sm.eatright.org/kidkitchentasks #eatright #kidseatright #KERmonth

Research suggests that sleep may affect your child’s overall health. Follow these tips to make sleep a priority: https://sm.eatright.org/sleephlthwt #eatright #kidseatright #KERmonth

Family dinners don’t always require a lot of time! Here are ways to prepare nutritious meals in a flash: https://sm.eatright.org/dinnerfam #eatright #kidseatright #KERmonth
September

Key Dates in September 2020

1st Get a Member, Get a Dues Credit Program begins
4th National Macadamia Nut Day
7th Labor Day
13th National Celiac Disease Awareness Day
13th National Peanut Day
29th National Coffee Day
29th World Heart Day
30th National Women’s Health & Fitness Day
Childhood Cancer Awareness Month
Food Safety Education Month
National Childhood Obesity Awareness Month
National Cholesterol Education Month
National Honey Month
National Mushroom Month
National Prostate Cancer Awareness Month
National Rice Month
Ovarian Cancer Awareness Month
Spotlight on Malnutrition Month
World Alzheimer’s Month
Whole Grains Month

Talking Points

What is Malnutrition? (Spotlight on Malnutrition Month)
https://www.eatright.org/food/nutrition/healthy-eating/what-is-malnutrition
Malnutrition is a common, detrimental condition that must be addressed quickly and comprehensively. Registered dietitian nutritionists play a vital role in improving the speed and accuracy of malnutrition diagnosis and nutrition interventions in health care.

- Malnutrition can come in two forms: undernutrition and overnutrition. Undernutrition can be caused by a lack of calories, protein or other nutrients. It often occurs in areas without adequate access to food and clean drinking water.
- With overnutrition, a person eats too many calories but not enough nutrients. They may not be eating enough nutritious foods such as fruits, vegetables, whole grains, lean protein, beans, low-fat dairy, nuts and seeds.
- Registered dietitian nutritionists make recommendations and work with the health care team to help patients receive the nutrition they need. RDNs assess malnutrition using weight history, dietary intake, lab values and a physical exam.

What is Cholesterol? (National Cholesterol Month)
Cholesterol is a waxy substance found in many of the foods we eat and in our body’s cells. If there is too much cholesterol in the body, it builds up, which can eventually lead to stroke or heart disease.
https://www.eatright.org/health/wellness/heart-and-cardiovascular-health/what-is-cholesterol

- Many factors may increase your risk for high cholesterol, including genetics, age, obesity, diet, smoking and inactivity.
- If you are at risk, make simple lifestyle changes such as adopting a heart-healthy eating style, being physically active and achieving or maintaining a healthy body weight.
- Some dietary changes to keep cholesterol in check include enjoying foods with plant sterols and stanols, limiting your intake of saturated fat, selecting lean protein foods and savoring foods that are good sources of dietary fiber.

Sample Social Media Posts

Malnutrition is a common condition that must be addressed quickly and comprehensively by a registered dietitian nutritionist. Learn more during #SpotlightOnMalnutritionMonth: https://sm.eatright.org/malnutritionintro #eatright

September is National Cholesterol Month. Learn how managing your cholesterol levels may reduce your risk of heart disease and stroke: https://sm.eatright.org/whatischolesterol #eatright #HeartHealth

Sept. 29: Coffee lovers, rejoice! Your daily cup of joe may provide some health benefits. Learn more on #NationalCoffeeDay: https://sm.eatright.org/coffee #eatright

Looking for ways to earn #RDNCPE at home? The Academy offers a variety of convenient recorded webinars! Learn more: https://sm.eatright.org/recwebinars #eatrightPRO

The Academy Foundation is the only charitable organization devoted exclusively to promoting nutrition and dietetics. Here are ways to get involved: https://sm.eatright.org/aboutfoundation #eatrightPRO
Proper hand-washing has the power to reduce the risk of food poisoning. During National #FoodSafety Month, brush up on these tips: https://sm.eatright.org/handwashtips #eatright

National #FoodSafety Month is a great time to give your refrigerator a makeover! Here are ways to ensure yours is clean and organized: https://sm.eatright.org/makeoverfridge #eatright

Some foods should always be washed, but others should be kept far away from the sink! Review these #foodsafety guidelines to learn more: https://sm.eatright.org/foodwash #eatright #foodsafety

Leftovers are a great way to save money and reduce food waste. During National #FoodSafety Month, use these tips to properly refrigerate and reheat leftovers: https://sm.eatright.org/leftoverreheat #eatright

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September is National Food Safety Education Month.

During September and beyond, teach your patients and clients ways to reduce the risk of food poisoning and keep themselves safe.

One of the first steps to food safety is proper hand-washing. While hand sanitizers can be convenient, it's essential to wash your hands with soap and water for at least 20 seconds. Washing your food correctly also is important. Many people believe all foods have to be washed, but that's not always the case!

To make perishable items last longer, share ways to safely freeze and protect the quality of food items. Convenience foods, such as deli meats, prepared foods and canned foods, also require safety measures.

When reheating leftovers, remind patients and clients to prepare meals by cooking foods to the proper internal temperature and to keep track of how long foods are stored in the refrigerator. Most leftovers should be used or frozen within three to four days. And after opening canned, dried and pre-packaged food items, it's important to know their shelf life, too.

Throughout September, share your #FoodSafety tips on social media!

Sample Social Media Posts

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Coming Soon:

October  Food & Nutrition Conference & Expo™
November  National Diabetes Month
December  Eating healthfully over the holidays

Follow the Academy on social media!

For professional news and updates:

Facebook  https://www.facebook.com/eatrightPRO
Twitter  https://twitter.com/eatrightPRO
LinkedIn  https://www.linkedin.com/company/eatrightpro/
YouTube  https://www.youtube.com/user/EatRightPROtv
Twitter  https://twitter.com/eatrightFNCE
Instagram  https://www.instagram.com/eatright_PRO/

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.