July

Key Dates in July 2019

4th  Independence Day
4th  National Caesar Salad Day
5th  National Graham Cracker Day
10th  National Blueberry Picking Day
21st  National Ice Cream Day
27th  National Dance Day
29th  National Chicken Wing Day
29th  National Lasagna Day
31st  National Avocado Day

July 11-12: Nutrition and Dietetics Advocacy Summit

July 15-21: National Youth Sports Week
National Baked Bean Month
National Blueberry Month
National Grilling Month
National Park and Recreation Month
National Picnic Month

Talking Points

Fire up the Barbecue (National Grilling Month)
This summer, take your meals outside and get grilling! Here are some ways to prepare nutritious meals on the grill while keeping food safety in mind. [https://www.eatright.org/health/lifestyle/seasonal/fire-up-the-barbecue](https://www.eatright.org/health/lifestyle/seasonal/fire-up-the-barbecue)

- Add flavor to meals with vegetables cooked on the grill. Baste peppers, corn, eggplant and onions with a little olive oil or vinaigrette. Season with herbs and place on a hot grill until tender.
- To ensure food is cooked to the proper internal temperature, use a stainless-steel food thermometer with an easy-to-read dial and shatterproof lens. Cooking to proper internal temperatures not only helps ensure grilled foods aren’t overcooked, but also reduces the risk of food poisoning.
- Use separate utensils for raw and cooked foods, and wash cutting boards and utensils in hot, soapy water between uses. Before handling food, always remember to wash your hands!

Food Tips for Camping and Hiking
When going on a hiking or camping trip, good nutrition and hydration are especially important! Whether your trip will last a day or a week, follow these tips to have a nourishing and safe food experience. [https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/food-tips-for-camping-and-hiking](https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/food-tips-for-camping-and-hiking)

- When heading on an activity-based excursion outdoors, your food and water needs are generally higher than usual. Things to consider include the length of the trip, which food and beverages you’ll carry, if bringing a cooler is an option and which food-related tools you’ll need.
- Before a hike, pre-hydrate by drinking 4 cups of water. As a general rule of thumb, drink about 2 cups of fluid for every hour of hiking.
- For a hike or day trip, pack lightweight, nutritious snacks such as trail mix, energy bars, granola, dried fruits and vegetables, and ready-to-eat tuna salad pouches.
- Multi-day trips can be a little more challenging. Pack foods such as shelf-stable poultry or fish pouches, canned fish, ready-to-eat cereal and whole-grain pasta if you have the ability to boil water.

Sample Social Media Posts

Heading on a camping or hiking trip? Follow these tips to pack nutritious meals and stay hydrated during your next outdoor adventure: [https://sm.eatright.org/camphike #eatright](https://sm.eatright.org/camphike #eatright)

*July 15-21: It’s National Youth Sports Week! Here are some important nutrients young athletes need to stay fueled for practices and game days: [https://sm.eatright.org/nutriyoungathletes #eatright #kidseatright](https://sm.eatright.org/nutriyoungathletes #eatright #kidseatright)*

During #NationalGrillingMonth, brush up on your #foodsafety knowledge with these helpful, hot-off-the-grill tips! [https://sm.eatright.org/bbq #eatright](https://sm.eatright.org/bbq #eatright)

Did you know there’s a payment plan option for #FNCE registration? Learn more about this flexible, affordable way to attend: [https://sm.eatright.org/FNCEpayplan #eatrightPRO](https://sm.eatright.org/FNCEpayplan #eatrightPRO)

Looking for #RDNCPE? The Academy offers numerous educational opportunities for members! Here are some helpful resources: [https://sm.eatright.org/CPEmembership #eatrightPRO](https://sm.eatright.org/CPEmembership #eatrightPRO)
Celebrate National Picnic Month this July.

Summer is picnic season! During National Picnic Month, encourage clients and patients to enjoy a meal outside with family and friends. It can be a fun experience for both adults and young children.

Be sure to emphasize the importance of food safety while eating outdoors. When hosting a picnic, it’s easy to get caught up in the fun and accidentally cross-contaminate food, or forget to pack enough ice for your cooler. Share ways to prevent common picnic food safety mistakes, pack the perfect cooler and keep coolers clean. We also have a helpful outdoor dining food safety video.

In addition to food safety tips, share nutritious, seasonal recipes that would be great for picnics. Some ideas include Pickled Vegetable Salad with Sesame Seeds, Sparkling Strawberry Lemonade and Blueberry Barbecued Chicken.

Share your best picnic tips and recipes using #NationalPicnicMonth.

Sample Social Media Posts

Hosting a picnic? Before heading outdoors, review these #foodsafety guidelines to keep you and your guests safe! https://sm.eatright.org/picnicfoodsafety #eatright #NationalPicnicMonth

By keeping your cooler clean, you’ll ensure it’s bacteria-free and safe! Follow these steps before and after your next picnic: https://sm.eatright.org/coolerclean #eatright #NationalPicnicMonth

During #NationalPicnicMonth, introduce your toddler to a fun meal outside! Here’s how to do it in style: https://sm.eatright.org/picnictoddler #eatright #kidsatright

Looking for a healthful, delicious dish to bring to your next picnic? Prepare this colorful Pickled Vegetable Salad with Sesame Seeds #recipe: https://sm.eatright.org/pickledsalad #eatright #NationalPicnicMonth
August

Key Dates in August 2019

1st Call for FNCE® 2019 Student Hosts Opens
3rd National Mustard Day
3rd National Watermelon Day
5th National Oyster Day
8th National Zucchini Day
15th National Relaxation Day
17th Deadline to Submit FNCE® 2019 Student Host Applications
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 4-10: National Farmers Market Week
Children’s Eye Health and Safety Month
Kids Eat Right Month™
National Back to School Month
National Breastfeeding Month
National Sandwich Month

Talking Points

Build a Healthy Sandwich (National Sandwich Month)

Sandwiches can be a quick and nutritious option for your entire family! There are plenty of ways to prepare tasty sandwiches that include healthful proteins and vegetables. https://www.eatright.org/food/planning-and-prep/recipes/build-a-healthy-sandwich

- Start with lean cuts of beef, chicken, ham or turkey and choose the lower-sodium option. If you follow a plant-based eating plan, some protein-rich choices include tofu, tempeh and mashed chickpeas.
- Layer ingredients between slices of whole-grain bread or in a whole-grain tortilla. Top with fresh vegetables such as lettuce, tomatoes, cucumbers and peppers.
- Nut and seed butters also can be part of a nutritious sandwich!

Breast-feeding Basics for New Moms (National Breastfeeding Month)

Due to health benefits for both new moms and newborns, exclusive breast-feeding is recommended for the first six months. Take time to learn about breast-feeding so you’re informed and confident when your baby arrives. https://www.eatright.org/health/pregnancy/breast-feeding/breast-feeding-basics-for-healthy-babies

- Take a breast-feeding class if available at your hospital or doctor’s office. Prepare your home by finding a comfortable chair. For additional support, let your family, friends, employer, doctor and hospital nurses know you plan on breast-feeding.
- After delivering your baby, start nursing as soon as possible. If you’re having difficulties, most hospitals have a lactation specialist who can help you find solutions.
- While breast-feeding, relax and make yourself comfortable. Take care of yourself by getting enough rest and eating nutrient-rich foods.

Sample Social Media Posts

Looking for ways to spice up your lunch or dinner? Here are tips to build nutritious, tasty sandwiches for the entire family: https://sm.eatright.org/sandwichhlthy #eatright #NationalSandwichMonth

Breastfeeding provides numerous benefits to both new moms and babies! Here are some ways to prepare for successful breast-feeding: https://sm.eatright.org/brestdfeed #eatright #NBM19

Going to the farmersmarket can be a fun and interactive experience! Use these tips to become a savvy farmers market shopper: https://sm.eatright.org/farmmarket #eatright

Students: Want to attend FNCE at a discounted rate? Apply to be a student host! Learn more about this opportunity: https://sm.eatright.org/studenthostFNCE #eatrightPRO #futureRDN

#FNCE student hosts have the opportunity to attend at a discounted rate, work behind the scenes and network with nutrition and dietetics professionals! Apply by August 17: https://sm.eatright.org/studenthostFNCE #eatrightPRO #futureRDN
August is Kids Eat Right Month™.

To highlight the role everyone plays in ensuring a healthy future for our nation’s children, the Academy of Nutrition and Dietetics and its Foundation celebrate Kids Eat Right Month™ each August. This initiative focuses on the importance of healthful eating and active lifestyles for children and their families.

Spread the word by sharing the Academy’s articles, videos and resources with patients and clients. Some topics to discuss include getting kids involved in the kitchen, healthful snacking, selecting nutritious foods for growing bodies and reducing the risk of food allergies. We also have resources for kids of all ages — from babies to teenagers.

In addition to registered dietitian nutritionists and nutrition and dietetics technicians, registered, community leaders, schools and parents can get involved with Kids Eat Right Month™! For example, schools can coordinate healthful eating activities for students, and community leaders can start a local garden to grow nutritious food.

Throughout August, spread the word by using #KERMonth and #KidsEatRight.

Sample Social Media Posts

Want to get more involved with #KERMonth but don’t know where to start? Here are some resources for parents, schools and community leaders: https://sm.eatright.org/KERMonthintro #eatright #kidseatright

During #KERMonth, get your children involved in the kitchen! Here are some fun, age-appropriate kitchen activities: https://sm.eatright.org/teachkidscook #eatright #kidseatright

When planned and timed appropriately, snacks can be a healthful part of your child’s diet! Follow these smart snacking strategies: https://sm.eatright.org/kidssnack #KERMonth #kidseatright

Planting a garden can be a fun family activity that has a positive impact on your child’s health! Get started during #KERMonth: https://sm.eatright.org/gardenkids #eatright #kidseatright
Talking Points

What is a Whole Grain? (Whole Grains Month)

During Whole Grains Month, learn how to add more whole-grain foods to your meals and snacks. [https://www.eatright.org/food/nutrition/healthy-eating/what-is-a-whole-grain](https://www.eatright.org/food/nutrition/healthy-eating/what-is-a-whole-grain)

- Barley, quinoa, oats, brown rice and whole-grain pastas, breads and cereals are examples of whole-grain foods. When reading food labels, look for the words "whole grain" listed as the first ingredient.

- There are many kid-friendly, whole-grain snack options available. Stuff a whole-grain pita with ricotta cheese and apple slices, then top with a dash of cinnamon. For an on-the-go option, combine ½ cup whole-grain cereal, dried fruit and nuts.

- Many schools serve whole-grain foods. Per USDA’s National School Lunch Program guidelines, many schools now serve whole-grain foods. Schools are advised to offer whole grains with at least 8 grams or more per serving, buy products that include the FDA-approved whole-grain health claim on their packaging and make sure each product’s ingredients list states whole grains first.

Tips to Help Kids Enjoy Fruits and Veggies

Fruits and vegetables are loaded with nutrients kids need to grow strong and perform well in school. Make sure your family’s meals are nutritious and delicious by incorporating fruits and vegetables in fun ways. [https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate](https://www.eatright.org/food/planning-and-prep/snack-and-meal-ideas/get-fruits-and-veggies-to-the-plate)

- Encourage kids to eat more fruits and vegetables by making them the star of the meal. Offer a variety of different colored produce and always include options that your family enjoys. Serve vegetables in their undisguised state to give your child an opportunity to explore the tastes, textures and aromas.

- Add more fruits and vegetables to sandwiches. Tasty options include sliced tomato, bell pepper rings, cucumber rounds, lettuce, marinated artichoke hearts, roasted red peppers and avocado slices.

- Keep meals interesting by mixing up the fruits and vegetables offered. You also can try cooking produce in different ways and using herbs and spices to add flavor.

Sample Social Media Posts

The next time your child wants a snack, choose whole grains! During #WholeGrainsMonth, learn more about the benefits: [https://sm.eatright.org/wholegrain eatright #kidseatright](https://sm.eatright.org/wholegrain eatright #kidseatright)

Most children don’t eat enough fruits and vegetables. Luckily, there are plenty of ways to incorporate produce in fun, interesting ways! Try these ideas: [https://sm.eatright.org/fruitveggiesplate eatright #kidseatright](https://sm.eatright.org/fruitveggiesplate eatright #kidseatright)

September is #FoodSafetyMonth! Review these tips to keep your kitchen clean and help reduce your family’s risk of food poisoning: [https://sm.eatright.org/FoodSafetyEdMonth eatright](https://sm.eatright.org/FoodSafetyEdMonth eatright)

By recruiting a new Academy member, you can earn credit toward your membership dues! Learn more about Get a Member — Get a Dues Credit incentive program: [https://sm.eatright.org/referralprogram eatrightPRO](https://sm.eatright.org/referralprogram eatrightPRO)

Don’t forget: The #FNCE 2019 early bird deadline is September 13! Register to attend this year’s conference and expo in Philadelphia: [https://sm.eatright.org/FNCEreg19 eatrightPRO](https://sm.eatright.org/FNCEreg19 eatrightPRO)
Join the Academy in spreading awareness about malnutrition.

Malnutrition is a serious condition that must be addressed right away and comprehensively. It can affect children and adults of all ages around the world. Throughout September, the Academy will raise awareness of malnutrition and promote the crucial role of registered dietitian nutritionists and nutrition and dietetic technicians, registered in identifying and treating this condition.

The Academy will provide educational resources for members and the public, including a Spotlight on Malnutrition toolkit with social media graphics and a Twitter chat led by malnutrition experts. We will focus on malnutrition as it connects to prevention and well-being, hospital and health care, and food and nutrition safety and security.

Share your expertise by using #SpotlightOnMalnutrition on social media.

Sample Social Media Posts

Malnutrition can affect both children and adults, and it must be addressed right away. Learn more about this condition: https://sm.eatright.org/intromalnutrition #eatright #SpotlightOnMalnutrition

Throughout September, the Academy will highlight the role RDNs and NDTRs play in the prevention and treatment of malnutrition. Learn more about this initiative: https://sm.eatright.org/malnutritionmediamaterials #eatrightPRO #SpotlightOnMalnutrition

Looking for research articles on malnutrition? Take a look at the Academy Journal’s malnutrition topic collection: https://sm.eatright.org/malnutritionjrnl #eatrightPRO #SpotlightOnMalnutrition

 Millions of children worldwide are affected by malnutrition. During #SpotlightOnMalnutrition, learn how registered dietitian nutritionists and nutrition and dietetics technicians, registered can help people with this condition: https://sm.eatright.org/intromalnutrition #eatright
Coming Soon:

October  Food & Nutrition Conference & Expo™
November National Diabetes Month
December  Healthful eating during 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.