

# January 2019

| Sunday  | Monday                              | Tuesday                                 | Wednesday                                  | Thursday                | Friday                  | Saturday                        |
|---|-------------------------------------|---|--|-------------------------|-------------------------|---------------------------------|
| 30  | 31                                  | 1 <i>New Year's Day</i>                 | 2  | 3                       | 4<br>Spaghetti Day      | 5<br>National Whipped Cream Day |
| 6<br>Bean Day   | 7<br>National Tempura Day           | 8                                       | 9<br>Apricot Day                           | 10                      | 11<br>National Milk Day | 12                              |
| 13<br>Pizza Week  | 14<br><i>Martin Luther King Day</i> | 15<br>National Fresh Squeezed Juice Day | 16<br>International Hot and Spicy Food Day | 17                      | 18                      | 19<br>Popcorn Day               |
| 20<br>Healthy Weight Week<br>Meat Week<br>National Cheese Lover's Day | 21<br>Granola Bar Day               | 22                                      | 23<br>National Pie Day                     | 24<br>Peanut Butter Day | 25                      | 26<br>National Green Juice Day  |
| 27<br>National Chocolate Cake Day                                     | 28<br>Blueberry Pancake Day         | 29                                      | 30<br>National Croissant Day               | 31                      |                         |                                 |

**BAKING MONTH | EGG MONTH | FIBER FOCUS MONTH | HOT TEA MONTH | OATMEAL MONTH | SLOW-COOKING MONTH | SOUP MONTH**

# February 2019

| Sunday  | Monday   | Tuesday                      | Wednesday   | Thursday                             | Friday   | Saturday                                      |
|---|--|------------------------------|---|--------------------------------------|--|---|
| 27  | 28   | 29                           | 30  | 31                                   | 1<br>National Dark Chocolate Day                                 | 2<br>National Tater Tot Day                   |
| 3<br>Super Bowl Sunday<br>National Carrot Cake Day<br>National Wear Red Day | 4<br>World Cancer Day<br>Homemade Soup Day                           | 5<br>World Nutella Day       | 6<br>National Frozen Yogurt Day                       | 7<br>National Fettuccine Alfredo Day | 8<br>National Potato Lover's Day                                 | 9<br>National Pizza Day<br>National Bagel Day |
| 10<br>National "Have a Brownie" Day   | 11<br>Great American Pizza Bake<br><br>National Peppermint Patty Day | 12                           | 13<br>National Tortellini Day                         | 14 <i>Valentine's Day</i>            | 15   | 16<br>National Almond Day                     |
| 17<br>National Cafe' Au Lait Day<br>National Cabbage Day                    | 18 <i>Presidents Day</i><br>National Drink Wine Day                  | 19                           | 20<br>National Muffin Day                             | 21<br>National Sticky Bun Day        | 22<br>National Margarita Day<br>National Cook a Sweet Potato Day | 23<br>Chili Day<br>National Banana Bread Day  |
| 24<br>National Tortilla Chip Day  | 25   | 26<br>National Pistachio Day | 27<br>National Strawberry Day<br>National Pancake Day | 28                                   |  |   |

AMERICAN HEART MONTH | CANNED FOOD MONTH | CHERRY MONTH | HOT BREAKFAST MONTH | GRAPEFRUIT MONTH | SNACK FOOD MONTH | SWEET POTATO MONTH

# March 2019

| Sunday   | Monday  | Tuesday                    | Wednesday                              | Thursday   | Friday                         | Saturday  |
|--|---|----------------------------|--|--|--------------------------------|---|
| 24   | 25  | 26                         | 27                                     | 28   | 1<br>Peanut Butter Lover's Day | 2   |
| 3<br>National Cold Cuts Day  | 4<br>National Pound Cake Day                    | 5                          | 6<br>National Frozen Food Day          | 7<br>National Cereal Day                           | 8                              | 9<br>National Meatball Day<br>National Crab Day |
| 10<br><i>Daylight Savings</i><br>National Pack Your Lunch Day<br>National Ranch Dressing Day | 11  | 12                         | 13<br>National Chicken Noodle Soup Day | 14<br>National RDN Day<br>National Potato Chip Day | 15                             | 16<br>National Artichoke Day                    |
| 17<br><i>St. Patrick's Day</i>   | 18  | 19<br>National Poultry Day | 20<br>National Ravioli Day             | 21<br>National French Bread Day                    | 22<br>World Water Day          | 23<br>National Chip & Dip Day                   |
| 24<br>National Cheesesteak Day   | 25<br>ADA Alert Day<br>International Waffle Day | 26<br>National Spinach Day | 27                                     | 28   | 29                             | 30  |
| 31<br>National Tater Day   |   |                            |  |  |                                |   |

CAFFEINE AWARENESS | FLOUR MONTH | FROZEN FOOD MONTH | NATIONAL NUTRITION MONTH | NOODLE MONTH | PEANUT MONTH | SAUCE MONTH

# April 2019

| Sunday   | Monday                           | Tuesday  | Wednesday | Thursday                          | Friday  | Saturday  |
|--|----------------------------------|--|-----------|-----------------------------------|---|---|
| 31   | 1 <i>April Fool's Day</i>        | 2<br>National Peanut Butter & Jelly Day                  | 3         | 4<br>International Carrot Day     | 5<br>National Caramel Day<br>National Burrito Day | 6<br>Fresh Tomato Day<br>National Deep Dish Pizza Day             |
| 7<br>World Health Day<br>National Beer Day<br>National Coffee Cake Day | 8<br>National Empanada Day       | 9  | 10        | 11                                | 12<br>National Grilled Cheese Sandwich Day        | 13<br>National Make Lunch Count Day<br>National Peach Cobbler Day |
| 14<br>National Pecan Day   | 15                               | 16<br>Day of the Mushroom                                | 17        | 18                                | 19 <i>Good Friday</i><br>National Garlic Day      | 20  |
| 21 <i>Easter</i>   | 22 <i>Earth Day</i>              | 23<br>Picnic Day   | 24        | 25<br>National Zucchini Bread Day | 26<br>National Pretzel Day                        | 27<br>National Prime Rib Day                                      |
| 28   | 29<br>National Shrimp Scampi Day | 30<br>National Oatmeal Cookie Day<br>National Raisin Day |           |                                   |   |   |

ALCOHOL AWARENESS MONTH | GARDEN MONTH | GARLIC MONTH | PECAN MONTH | SOYFOODS MONTH | STRESS AWARENESS MONTH

# May 2019

| Sunday   | Monday   | Tuesday  | Wednesday                         | Thursday                    | Friday                      | Saturday                                    |
|--|--|--|-----------------------------------|-----------------------------|-----------------------------|---|
| 28   | 29   | 30   | 1                                 | 2<br>National Truffle Day   | 3                           | 4<br>National Orange Juice Day              |
| 5 <i>Cinco de Mayo</i><br>National Enchilada Day                   | 6<br>National Beverage Day<br>International No Diet Day  | 7  | 8                                 | 9<br>National Foodies Day   | 10<br>National Shrimp Day   | 11<br>National "Eat What You Want" Day      |
| 12 <i>Mother's Day</i><br>Women's Health Week<br>Food Allergy Week | 13<br>National Crouton Day<br>National Apple Pie Day<br>International Hummus Day<br>National Vegetarian Week | 14<br>National Buttermilk Biscuit Day                | 15<br>National Chocolate Chip Day | 16<br>National Barbecue Day | 17<br>National Walnut Day   | 18<br>National No Dirty Dishes Day          |
| 19   | 20<br>National Pick Strawberries Day   | 21<br>National Strawberries and Cream Day            | 22                                | 23                          | 24                          | 25<br>Brown-Bag-It Day<br>National Wine Day |
| 26<br>National Cherry Dessert Day                                  | 27 <i>Memorial Day</i>   | 28<br>National Hamburger Day<br>National Brisket Day | 29                                | 30                          | 31<br>National Macaroon Day |   |

ASPARAGUS MONTH | BBQ MONTH | BEEF MONTH | BLOOD PRESSURE MONTH | EGG MONTH | HAMBURGER MONTH | MEDITERRANEAN DIET MONTH | MENTAL HEALTH MONTH | SALAD MONTH | SALSA MONTH | STRAWBERRY MONTH

# June 2019

| Sunday                                  | Monday   | Tuesday   | Wednesday                               | Thursday                                | Friday  | Saturday                                      |
|---|--|---|---|---|---|---|
| 26                                      | 27   | 28  | 29                                      | 30                                      | 31  | 1<br>National Donut Day<br>National Olive Day |
| 2<br>National Rotisserie<br>Chicken Day | 3<br>National Egg Day  | 4<br>National Cheese Day                                  | 5<br>National Veggie Burger<br>Day      | 6                                       | 7<br>National Chocolate Ice<br>Cream Day  | 8   |
| 9<br>National Rosé Day                  | 10<br>Men's Health Week<br>Herbs & Spices Day<br>National Iced-Tea Day | 11  | 12<br>National Jerky Day                | 13<br>Cupcake Lovers Day                | 14<br>National Strawberry<br>Shortcake Day  | 15<br>National Lobster Day                    |
| 16 <i>Father's Day</i>                  | 17<br>National Eat Your<br>Vegetables Day                              | 18<br>International Picnic Day<br>International Sushi Day | 19                                      | 20<br>National Vanilla<br>Milkshake Day | 21 <i>1st Day of Summer</i><br>National Smoothie Day<br>National Peaches &<br>Cream Day | 22<br>National Onion Ring<br>Day              |
| 23<br>National Hydration Day            | 24   | 25<br>National Strawberry<br>Parfait Day                  | 26<br>National Chocolate<br>Pudding Day | 27                                      | 28<br>National Tapioca Day  | 29  |
| 30<br>National Mai Tai Day              |  |   |   |   |   |   |

DAIRY MONTH | ICE TEA MONTH | FRESH FRUIT & VEGETABLE MONTH | MEN'S HEALTH MONTH | PAPAYA MONTH | SOUL FOOD MONTH | TURKEY LOVERS MONTH

# July 2019

| Sunday   | Monday  | Tuesday                              | Wednesday  | Thursday   | Friday                           | Saturday                        |
|--|---|--------------------------------------|--|--|----------------------------------|---------------------------------|
| 30   | 1<br>National Gingersnap Day                            | 2                                    | 3<br>Eat Beans Day                                       | 4<br><i>Independence Day</i><br>Caesar Salad Day           | 5<br>National Graham Cracker Day | 6<br>National Fried Chicken Day |
| 7<br>National Strawberry Sundae Day<br>National Macaroni Day | 8<br>National Chocolate with Almonds Day                | 9<br>National Sugar Cookie Day       | 10<br>National Pina Colada Day<br>'Pick Blueberries' Day | 11<br>National Blueberry Muffin Day<br>National Mojito Day | 12<br>National Pecan Pie Day     | 13<br>National French Fry Day   |
| 14<br>National Mac & Cheese Day                              | 15<br>National Gummi Worm Day                           | 16                                   | 17   | 18   | 19<br>National Daiquiri Day      | 20                              |
| 21<br>National Junk Food Day<br>National Ice Cream Day       | 22  | 23<br>National Vanilla Ice Cream Day | 24<br>National Tequila Day                               | 25<br>National Wine & Cheese Day                           | 26                               | 27                              |
| 28<br>National Milk Chocolate Day                            | 29<br>National Lasagna Day<br>National Chicken Wing Day | 30<br>National Cheesecake Day        | 31<br>National Avocado Day                               |  |                                  |                                 |

**BERRY MONTH | BLUEBERRY MONTH | GRILLING MONTH | ICE CREAM MONTH | PICNIC MONTH | PICKLE MONTH**

# August 2019

| Sunday  | Monday                    | Tuesday  | Wednesday                        | Thursday   | Friday                                  | Saturday  |
|---|---------------------------|--|----------------------------------|--|---|---|
| 28  | 29                        | 30   | 31                               | 1  | 2<br>National Ice Cream<br>Sandwich Day | 3<br>Watermelon Day<br>International Beer Day       |
| 4<br>Farmers Market Week<br>National Chocolate Chip<br>Cookie Day<br>National Mustard Day | 5                         | 6<br>National Root Beer<br>Float Day                         | 7                                | 8<br>National Frozen Custard<br>Day<br>National Zucchini Day | 9<br>National Women's Day               | 10<br>National S'mores Day                          |
| 11<br>National Panini Day   | 12                        | 13<br>National Filet Mignon<br>Day                           | 14<br>National Creamsicle<br>Day | 15   | 16<br>National Rum Day                  | 17  |
| 18<br>National Fajita Day<br>National Ice Cream Pie<br>Day                                | 19<br>National Potato Day | 20<br>National Bacon Lovers'<br>Day<br>National Lemonade Day | 21                               | 22<br>World Plant Milk Day                                   | 23                                      | 24<br>National Peach Pie Day<br>National Waffle Day |
| 25<br>National Banana Split<br>Day  | 26                        | 27   | 28<br>National Red Wine Day      | 29<br>National Lemon Juice<br>Day                            | 30                                      | 31<br>National Trail Mix Day                        |

BACK TO SCHOOL MONTH | COFFEE MONTH | FAMILY MEALS MONTH | KIDS EAT RIGHT MONTH | PANINI MONTH | PEACH MONTH | SANDWICH MONTH



# September 2019

| Sunday  | Monday                                  | Tuesday | Wednesday  | Thursday  | Friday   | Saturday   |
|---|---|---------|--|---|--|--|
| 1   | 2 <i>Labor Day</i><br>World Coconut Day | 3       | 4<br>National Macadamia Nut Day  | 5<br>National Cheese Pizza Day                              | 6<br>National Coffee Ice Cream Day                                 | 7<br>National Tailgating Day<br>National Acorn Squash Day<br>National Beer Lover's Day |
| 8   | 9                                       | 10      | 11   | 12  | 13<br>National Peanut Day<br>National Celiac Disease Awareness Day | 14<br>National Eat a Hoagie Day  |
| 15<br>National Linguine Day   | 16<br>National Guacamole Day            | 17      | 18<br>National Cheeseburger Day  | 19  | 20<br>National Pepperoni Pizza Day<br>National Queso Day           | 21<br>National Pecan Cookie Day  |
| 22<br>National White Chocolate Day<br>National Ice Cream Cone Day               | 23 <i>1st Day of Fall</i>               | 24      | 25<br>National Cooking Day<br>National Lobster Day<br>Women's Health & Fitness Day | 26<br>National Better Breakfast Day<br>National Pancake Day | 27<br>National Chocolate Milk Day                                  | 28<br>National Drink Beer Day  |
| 29<br>World Heart Day<br>Family Health & Fitness Day USA<br>National Coffee Day | 30<br>Hot Mulled Cider Day              |         |  |   |  |  |

**BETTER BREAKFAST MONTH | CHICKEN MONTH | FRUITS & VEGGIES MORE MATTERS MONTH | HONEY MONTH | MUSHROOM MONTH | POTATO MONTH | WHOLE GRAINS MONTH**

# October 2019

| Sunday                   | Monday   | Tuesday  | Wednesday                                    | Thursday                 | Friday   | Saturday                       |
|--------------------------|--|--|--|--------------------------|--|--------------------------------|
| 29                       | 30   | 1<br>World Vegetarian Day<br>International Coffee Day<br>National Homemade Cookies Day | 2  | 3                        | 4<br>National Taco Day                             | 5                              |
| 6<br>National Noodle Day | 7<br>National Frappe Day                                   | 8  | 9  | 10                       | 11<br>World Obesity Day                            | 12<br>National Pulled Pork Day |
| 13                       | 14 <i>Columbus Day</i><br>National Dessert Day             | 15<br>National Mushroom Day  | 16<br>World Food Day<br>National Liqueur Day | 17<br>National Pasta Day | 18<br>National Chocolate Cupcake Day               | 19                             |
| 20                       | 21<br>International Day of the Nacho<br>National Apple Day | 22<br>National Nut Day   | 23   | 24                       | 25<br>National Greasy Foods Day<br>World Pasta Day | 26<br>National Pumpkin Day     |
| 27                       | 28<br>National Chocolate Day                               | 29<br>National Oatmeal Day   | 30   | 31 <i>Halloween</i>      |  |                                |

APPLE MONTH | CHILI MONTH | COOKIE MONTH | DESSERT MONTH | EAT BETTER, EAT TOGETHER MONTH | PASTA MONTH | PIZZA MONTH | PORK MONTH | SEAFOOD MONTH | VEGETARIAN AWARENESS MONTH

# November 2019

| Sunday   | Monday   | Tuesday                       | Wednesday                | Thursday  | Friday  | Saturday   |
|--|--|-------------------------------|--------------------------|---|---|--|
| 27   | 28   | 29                            | 30                       | 31  | 1<br>National Calzone Day<br>National Men Make Dinner Day | 2<br>National Deviled Egg Day  |
| 3 <i>Daylight Savings</i><br>National Sandwich Day<br>National Bison Day | 4  | 5<br>National Hot Sauce Day   | 6<br>National Nachos Day | 7   | 8<br>National Cappuccino Day                              | 9<br>National Greek Yogurt Day   |
| 10<br>National Vanilla Cupcake Day                                       | 11 <i>Veterans' Day</i><br>National Sundae Day | 12<br>National Happy Hour Day | 13                       | 14<br>National Pickle Day<br>World Diabetes Day     | 15<br>National Clean Out Your Fridge Day                  | 16<br>National Fast Food Day   |
| 17<br>National Homemade Bread Day  | 18<br>National Apple Cider Day                 | 19                            | 20                       | 21  | 22<br>National Family Health History Day                  | 23<br>National Eat a Cranberry Day<br>National Cashew Day<br>National Espresso Day |
| 24   | 25<br>National Parfait Day                     | 26<br>National Cake Day       | 27                       | 28 <i>Thanksgiving</i><br>National French Toast Day | 29<br>Throw Out Your Leftovers Day                        | 30<br>National Mason Jar Day   |

AMERICAN DIABETES MONTH | NATIONAL PEANUT BUTTER LOVERS MONTH | PEPPER MONTH | POMEGRANATE MONTH | ROASTING MONTH

# December 2019

| Sunday                             | Monday  | Tuesday  | Wednesday   | Thursday | Friday   | Saturday                  |
|------------------------------------|---|--|---|----------|--|---------------------------|
| 1<br>National Eat a Red Apple Day  | 2   | 3  | 4<br>National Cookie Day                            | 5        | 6<br>Microwave Oven Day                            | 7                         |
| 8<br>National Brownie Day          | 9<br>National Pastry Day                      | 10   | 11  | 12       | 13<br>National Cocoa Day<br>National Ice Cream Day | 14                        |
| 15<br>National Cupcake Day         | 16<br>National Chocolate Covered Anything Day | 17<br>National Maple Syrup Day                     | 18  | 19       | 20<br>National Sangria Day                         | 21 <i>Winter Solstice</i> |
| 22<br>National Cookie Exchange Day | 23  | 24 <i>Christmas Eve</i>                            | 25 <i>Christmas Day</i><br>National Pumpkin Pie Day | 26       | 27   | 28                        |
| 29                                 | 30<br>National Bacon Day                      | 31 <i>New Year's Eve</i><br>National Champagne Day |   |          |  |                           |

EGG NOG MONTH | PEAR MONTH