



Ask the Dietitian Program (ATD) at the Farmers' Market
 County of Los Angeles Public Health
 Nutrition Program

www.lapublichealth.org/nutrition

Theme of the Month-March-November 2010



Please let me know if the featured produce will be available for the assigned month. Thanks!

Month	Related health event/ focus	Health Tip	Produce Pointers	Recipe	Nutrition Education Handout
March	National Nutrition Month Theme: "Step Up to Nutrition & Health"	Five Steps to Good Nutrition and Health	Arugula	Arugula, spinach and Orange Salad	Five Steps to Good Nutrition and Health
April	Cancer Control Month (Spring Into Health, Turn Off TV)	Antioxidants	Beets	Apple & Beet Salad	The Power of Antioxidants
May	High Blood Pressure Education Month (National Physical Fitness & Sports Month, Bike to Work Day)	Heart Healthy Eating	Strawberries	Strawberry and Cucumber Salad	Take Steps to Prevent and Control High Blood Pressure
June	Fresh Fruit & Vegetable Month (Latino Health Awareness Month)	Eating More Fruits and Vegetables	Peaches	Peach & Nectarine Salsa	Eat Fruits and Vegetables
July	Picnic Month	Food Safety and Healthy Grilling	Corn	Corn and Basil Salad	Food Safety at Picnics Tips for Healthy Summer Grilling
August	Back-to-School Month	Breakfast	Grapes	Fresh Grape Salad	Breakfast is the Most Important Meal of the Day
September	National Cholesterol Education Month	Good Fats	Nuts	Apple, Cherry & Walnut Salad	Heart Healthy Eating Cholesterol
October	Vegetarian Awareness Month	Vegetarian Options	Green Beans	Fresh Green Beans Salad	1. Healthy and Nutritious Snacks are Part of a Balance Diet 2. Vegetarian Options hand out
November	National Diabetes Month	Healthy Holidays	Persimmon	Persimmon & Spinach Salad	Healthy Holidays Diabetes Basics