

# SEPTEMBER

SUN

MON

TUE

WED

THU

FRI

SAT

For information on nutrition and chronic diseases, contact Jennifer Brown,  
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Check us out on social media @persongranvillefcs

1 Toss out candies & replace with fresh fruit



2 Check food labels. Consume foods low in salt, sugar, and saturated fats



3 Eat 2 1/2 oz. of tuna or salmon, 2 times a week for improved heart health.



4 Make a healthy breakfast with whole grain pancakes



5 Labor Day Have a cookout!



6 Tasty treat: Pair a cheese stick with tomato slices



7 Acorn Squash Day Enjoy an acorn squash, cranberry, & kale salad for lunch



8 Keep caffeine intake to less than 300mg/day



9 Take a 20 - 30 minute walk



10 Drink at least 8 glasses of water



11 Prepare healthy lunches this week. (tuna/whole wheat crackers/baby carrots)



12 Get your fiber; eat at least 3 servings of whole grains daily



13 Lunch N' Learn at 12 pm / \$5



14 Incorporate one hour of physical activity into each day



15 Avoid canned and boxed foods. Use fresh first, then frozen



16 Do 20 jumping jacks



17 Let your kids help plan & prepare dinner



18 Aim for 5 or more servings of fruits and vegetables daily



19 Progressive Relaxation: close eyes, tense & relax muscles for 5 seconds



20 Alternate 1 min. normal pace walk with 1 min. fast pace for 20-30 min.



21 Double your supper recipe for healthy leftovers tomorrow.



22 Practice Yoga to improve agility & prevent falls



23 Host a Friday night dance party with your friends



24 Skip TV for a day outdoors



25 Make a grocery list for healthy meals for this week



26 Better Breakfast Day Start your day with a breakfast burrito



27 Virtual Workshop at 12 pm - Free! Register at go.ncsu.edu/fcsregistration



28 Set a goal to have zero sugar sweetened beverages

29 Stay social - take a class, volunteer, or join a book club



30 Freshen up leftovers with a salad

