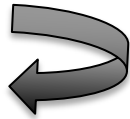




100 Ways to Celebrate Food as Medicine

Celebrating Nutritious Foods, Healthy Choices, Food Accessibility,
Everyday Wellness, and the Powerful Connection Between Food and
Health



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Celebrate Nutritious Food, Healthy Living, and Everyday Wellness By The Calendar

-  March – National Nutrition Month
-  April 7 – World Health Day
-  May 21 – Eat More Fruits and Vegetables Day
-  June 17 – National Eat Your Vegetables Day
-  **September 14 – Food Is Medicine Day**
-  September – Hunger Action Month
-  October 16 – World Food Day
-  Year-Round – Nourishing Meals and Healthier Everyday Choices

1. **Healthy Cooking Class:** Attend a cooking class focused on preparing nutritious meals using whole ingredients.
2. **Farmers Market Visit:** Explore your local farmers market to discover fresh, organic produce and artisanal food products.
3. **Nutrition Workshop:** Participate in a nutrition workshop to learn about the healing properties of different foods and how to incorporate them into your diet.
4. **Meal Prep Party:** Host a meal prep party with friends or family to batch cook healthy meals for the week ahead.
5. **Gardening Session:** Spend time in the garden planting herbs, fruits, and vegetables to cultivate your own nutritious produce.
6. **Smoothie Making Contest:** Organize a smoothie making contest where participants create delicious and nutritious smoothie recipes using fresh ingredients.
7. **Healthy Recipe Swap:** Gather friends or colleagues for a healthy recipe swap, sharing favorite dishes and cooking tips.
8. **Group Hike:** Enjoy a scenic hike with friends or family, followed by a picnic featuring wholesome snacks and refreshments.
9. **Yoga and Meditation:** Attend a yoga and meditation session focused on mindfulness and holistic wellness.
10. **Nutrition Documentary Screening:** Host a screening of a nutrition documentary followed by a discussion on the importance of food as medicine.

11. **Community Garden Volunteering:** Volunteer at a community garden to support efforts in promoting access to fresh, nutritious food for all.
12. **Herbal Tea Blending Workshop:** Learn about the health benefits of various herbs and create your own custom herbal tea blends.
13. **Cookbook Club:** Start a cookbook club where members select recipes from health-focused cookbooks to prepare and share together.
14. **Healthy Potluck:** Organize a healthy potluck where everyone brings a nutritious dish to share, showcasing the diversity of wholesome meals.
15. **Group Grocery Shopping Trip:** Go on a group grocery shopping trip with friends or family to explore new healthy food options together.
16. **Meal Planning Session:** Host a meal planning session where participants can brainstorm and create personalized meal plans tailored to their nutritional needs.
17. **Fitness Class Challenge:** Challenge friends or colleagues to join a fitness class together, such as a dance workout, HIIT session, or yoga flow.
18. **DIY Spice Blending:** Experiment with creating your own spice blends using herbs and spices known for their health benefits.
19. **Home Garden Harvesting:** Harvest fruits, vegetables, and herbs from your home garden and incorporate them into delicious meals.
20. **Mindful Eating Exercise:** Practice mindful eating by savoring each bite of a nutritious meal and focusing on the flavors, textures, and sensations.
21. **Food Photography Workshop:** Learn the art of food photography and styling, capturing the beauty of nutritious dishes to inspire others.
22. **Cooking Demo at a Local Community Center:** Volunteer to lead a cooking demonstration at a local community center, showcasing simple and healthy recipes.
23. **Outdoor Picnic:** Organize an outdoor picnic in a scenic location, featuring an array of fresh salads, sandwiches, and fruit platters.
24. **DIY Herb Garden:** Create a DIY herb garden using recycled materials, providing an endless supply of fresh herbs for cooking and seasoning.
25. **Healthy Baking Party:** Host a healthy baking party where guests can make and decorate nutritious treats like energy balls, granola bars, and fruit muffins.
26. **Nutrition Trivia:** Test your knowledge of nutrition facts with a fun trivia game focused on the health benefits of different foods.
27. **Food Bingo:** Play a game of bingo using images or names of nutritious foods instead of numbers.
28. **Healthy Recipe Relay:** Divide into teams and race to assemble a healthy recipe using ingredients provided, promoting teamwork and creativity.
29. **Ingredient Scavenger Hunt:** Organize a scavenger hunt where participants search for specific healthy ingredients in the kitchen or grocery store.
30. **Healthy Cooking Challenge:** Challenge participants to a cooking competition where they must create a nutritious dish within a set time limit.
31. **Fruit and Vegetable Charades:** Act out the names of various fruits and vegetables for others to guess in a lively game of charades.
32. **Guess the Herb:** Blindfold participants and have them smell or taste different herbs, guessing each one correctly to win points.
33. **Food Memory Matching Game:** Create pairs of cards featuring images of healthy foods and play a memory matching game to find matching pairs.

34. **Cooking Class Relay:** Set up cooking stations with ingredients and instructions for a healthy recipe, and have teams compete in a relay-style cooking class.
35. **Nutrient Match-Up:** Match foods with their corresponding nutrients in a game that educates players about the nutritional value of different foods.
36. **Healthy Food Pictionary:** Draw and guess pictures of nutritious foods in a game of Pictionary, promoting creativity and healthy food recognition.
37. **Balanced Plate Race:** Race to fill plates with a balanced meal containing proteins, carbohydrates, vegetables, and healthy fats in the correct proportions.
38. **Food Group Sorting:** Sort various foods into their respective food groups in a game that teaches about the importance of a balanced diet.
39. **Farmers Market Challenge:** Visit a farmers market and challenge participants to find specific healthy foods or ingredients within a time limit.
40. **Smoothie Recipe Roulette:** Spin a wheel to determine random ingredients for a smoothie recipe, then blend them together for a fun taste-testing challenge.
41. **Nutrition Jeopardy:** Play a game of Jeopardy with categories focused on different aspects of nutrition and healthy eating.
42. **Food Relay Race:** Race to transport healthy ingredients from one end of the room to another, promoting physical activity and teamwork.
43. **Healthy Food Tasting Party:** Host a tasting party where participants sample and rate various healthy foods, expanding their palates and knowledge.
44. **Cooking Showdown:** Compete in a cooking showdown where participants must improvise healthy recipes using mystery ingredients.
45. **Vitamin and Mineral Hunt:** Search for foods rich in specific vitamins and minerals, learning about their importance in maintaining health.
46. **Nutrition Wheel of Fortune:** Spin a wheel to uncover different nutritional topics or food groups, answering questions or completing challenges related to each one.
47. **Healthy Plate Puzzle:** Assemble a puzzle depicting a balanced plate with portions of proteins, grains, vegetables, and fruits.
48. **Food Pyramid Relay:** Arrange food cards into a pyramid structure according to the food pyramid guidelines, racing against other teams for accuracy.
49. **Cooking Ingredient Memory Game:** Play a memory game where players flip cards to match ingredients with their corresponding healthy recipes.
50. **Ingredient Swap Challenge:** Challenge participants to swap out unhealthy ingredients in a recipe for healthier alternatives, demonstrating the importance of mindful cooking.
51. **Herb Garden Markers:** Create decorative plant markers for your herb garden using painted rocks or wooden sticks.
52. **Fruit and Veggie Stamps:** Make stamps out of fruits and vegetables like potatoes, apples, or celery to create colorful artwork.
53. **Nutrition Facts Banner:** Design a banner with fun facts about different nutritious foods to hang up as educational decor.
54. **Healthy Recipe Book:** Compile a collection of healthy recipes into a handmade recipe book, decorated with colorful illustrations.
55. **Farmers Market Tote Bag:** Customize a tote bag with stenciled designs of fruits, vegetables, and other healthy foods for trips to the farmers market.
56. **Smoothie Jar Labels:** Design and print labels for smoothie jars, featuring vibrant images of ingredients and their health benefits.

57. **Salad Spinner Art:** Use a salad spinner to create unique spin art designs on paper, inspired by the vibrant colors of fruits and vegetables.
58. **Nutrition Plate Collage:** Cut out images from magazines or printouts to create a collage depicting a balanced nutrition plate.
59. **Herb Infused Candles:** Make candles infused with fragrant herbs like lavender or rosemary, adding a touch of aromatherapy to your space.
60. **Healthy Eating Vision Board:** Create a vision board with images and words that inspire healthy eating habits and wellness goals.
61. **Fruit and Veggie Garland:** String together paper or fabric cutouts of fruits and vegetables to make a festive garland for your kitchen or dining area.
62. **Seed Packet Art:** Decorate seed packets with colorful designs and plant them in your garden to grow your own nutritious produce.
63. **Kitchen Herb Wreath:** Craft a wreath using fresh or dried herbs, adding a fragrant and decorative touch to your kitchen.
64. **Healthy Food Puppets:** Make puppets shaped like fruits, vegetables, and other healthy foods using felt or paper, perfect for imaginative play.
65. **Nutrition Chart Magnets:** Create magnets featuring a chart of nutrient-rich foods to stick on your fridge for quick reference.
66. **Herbal Tea Blends:** Blend dried herbs and flowers to create custom herbal tea blends packaged in decorative jars or sachets.
67. **Upcycled Cookbook Stand:** Repurpose an old picture frame or wooden plank into a stylish stand for holding cookbooks or tablets in the kitchen.
68. **Salad Bowl Painting:** Use salad spinner art techniques to paint a large bowl, transforming it into a colorful centerpiece for your table.
69. **Healthy Food Mobile:** Craft a mobile using lightweight materials like paper or foam to hang various healthy food shapes for a whimsical display.
70. **Vegetable Stamped Apron:** Stamp a plain apron with vegetable designs using fabric paint, creating a personalized and functional kitchen accessory.
71. **DIY Herb Garden Kit:** Assemble mini herb garden kits in decorated pots or containers, complete with seeds, soil, and care instructions.
72. **Fruit and Veggie Coasters:** Create coasters using slices of dried fruits and vegetables sealed with resin, adding a touch of natural beauty to your table.
73. **Health Journal Cover:** Decorate the cover of a journal or planner with motivational quotes and images related to health and wellness.
74. **Nutrition-themed Dreamcatcher:** Craft a dreamcatcher using natural materials and incorporate symbols of health and vitality like fruits, vegetables, and herbs.
75. **Healthy Food Magnets:** Make magnets shaped like fruits and vegetables using polymer clay, adding a playful touch to your fridge decor.
76. **Quinoa Salad:** A refreshing salad made with quinoa, mixed vegetables, and a zesty dressing.
77. **Grilled Salmon:** Succulent salmon fillets seasoned and grilled to perfection, served with a side of steamed vegetables.
78. **Vegetable Stir-Fry:** A colorful medley of fresh vegetables stir-fried in a flavorful sauce, served over brown rice.
79. **Green Smoothie:** A nutrient-packed smoothie made with spinach, kale, banana, and almond milk for a refreshing boost of vitamins and minerals.

80. **Chia Seed Pudding:** Creamy pudding made with chia seeds, coconut milk, and fresh berries, packed with fiber and antioxidants.
81. **Roasted Beet Salad:** Roasted beets tossed with arugula, goat cheese, and walnuts, drizzled with balsamic vinaigrette.
82. **Turmeric Cauliflower Soup:** Creamy soup infused with the anti-inflammatory properties of turmeric and the goodness of cauliflower.
83. **Mango Salsa:** Fresh salsa made with diced mango, tomatoes, onions, cilantro, and lime juice, perfect for dipping or topping grilled fish or chicken.
84. **Sweet Potato Hash:** Sautéed sweet potatoes, onions, and bell peppers seasoned with herbs and spices, served with eggs for a hearty breakfast.
85. **Spinach and Mushroom Frittata:** Fluffy frittata packed with sautéed spinach, mushrooms, and onions, baked to golden perfection.
86. **Kale Chips:** Crispy kale leaves seasoned with olive oil, salt, and pepper, baked until crunchy for a healthy snack.
87. **Berry Smoothie Bowl:** A vibrant bowl of blended berries topped with granola, nuts, and seeds for a nutritious and satisfying breakfast or snack.
88. **Avocado Toast:** Sliced avocado on whole-grain toast, topped with cherry tomatoes, feta cheese, and a sprinkle of black pepper.
89. **Cucumber Salad:** Refreshing salad made with sliced cucumbers, red onion, dill, and a light vinaigrette dressing.
90. **Black Bean Tacos:** Flavorful tacos filled with seasoned black beans, lettuce, tomato, avocado, and salsa, served in warm tortillas.
91. **Broccoli and Cheese Stuffed Chicken:** Tender chicken breasts stuffed with steamed broccoli and melted cheese, baked until golden and juicy.
92. **Greek Yogurt Parfait:** Layers of Greek yogurt, fresh berries, and granola, drizzled with honey for a nutritious and delicious treat.
93. **Roasted Vegetable Medley:** Assorted vegetables roasted with olive oil, garlic, and herbs until caramelized and tender.
94. **Eggplant Lasagna:** Layers of roasted eggplant, marinara sauce, and ricotta cheese, baked to perfection for a lighter take on classic lasagna.
95. **Cauliflower Rice:** Grated cauliflower sautéed with garlic and onions, seasoned with herbs and spices, as a low-carb alternative to rice.
96. **Tofu Stir-Fry:** Cubes of tofu stir-fried with colorful vegetables and a savory sauce, served over rice or noodles.
97. **Zucchini Noodles with Pesto:** Spiralized zucchini noodles tossed with homemade pesto sauce and cherry tomatoes for a fresh and flavorful dish.
98. **Salmon and Avocado Salad:** Flaky salmon served over a bed of mixed greens, avocado slices, cucumber, and a tangy vinaigrette.
99. **Bean and Vegetable Chili:** Hearty chili made with a variety of beans, tomatoes, bell peppers, and spices, perfect for a cozy meal.
100. **Fruit Salad with Honey-Lime Dressing:** A refreshing mix of seasonal fruits tossed with a sweet and tangy dressing made with honey and lime juice.

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