

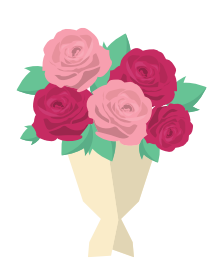


JANUARY 2024

VEGANUARY 

 DRY JANUARY®

MON	TUE	WED	THURS	FRI	SAT	SUN
1	2	3	4	5	6	7
8	9	10	11	12	13 Food diversity day	14 STIQ Awareness day
15	16	17	18	19	20	21
National Obesity Awareness Week						
22	23	24	25	26	27	28
Cervical Cancer Prevention Week						
29	30	31				



FEBRUARY 2024



MON

TUE

WED

THURS

FRI

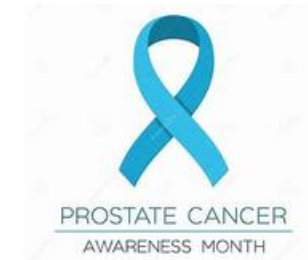
SAT

SUN

			1 Time to Talk Day	2	3	4 World Cancer Day
5	6	7	8	9	10 World Pulses Day	11
National HIV Testing Week						
Children's Mental Health Awareness Week						
12	13	14	15 International Childhood Cancer Day	16 Care Day	17 National Cabbage Day	18
19	20	21	22	23	24	25
Real Bread Week						
26	27	28	29			
Eating Disorder Awareness Week						



MARCH 2024



MON

TUE

WED

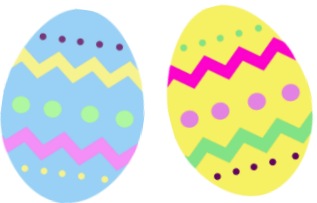
THURS

FRI

SAT

SUN

					1	2	3
4 World Obesity Day	5	6	7	8 International Women's Day	9	10	
National Salt Awareness Week							
British Pie Week							
11	12	13 No Smoking Day Young Carers Awareness Day	14 International School Meals Day	15 World Sleep Day	16	17	
Nutrition & Hydration Week							
18	19	20 World Oral Health Day	21	22 World Water Day	23	24	
25 National Skipping Day	26	27	28	29	30	31 International Trans Day of Visibility	



APRIL 2024



MON

TUE

WED

THURS

FRI

SAT

SUN

1

2

3

4

International
Carrot Day

5

National
Walk-to-Work
Day

6

World Day for
Physical
Activity
Global Move for
Health Day

7

World Health
Day

National Public Health Week

8

9

10

11

12

13

14

15

16

17

18

19

20

21 Banana Day
The Big Walk
and Wheel
National Tea Day

22

Earth Day

23

24

Stop Food
Waste Day

25

On your
feet Britain

26

27

28

World Immunisation Week

Allergy Awareness Week

29

30



MAY 2024



MON	TUE	WED	THURS	FRI	SAT	SUN
		1	2	3	4	5 World Hand Hygiene Day
			Deaf Awareness Week			
		Sun Awareness Week				
6	7	8	9	10	11	12 National Children's Day
			Vegetarian Week			
13 International Hummus Day World Fair Trade Day	14	15	16 Global Accessibility Awareness Day	17 World Hypertension Day	18	19 World Baking Day
			Mental Health Awareness Week			
20	21 National Tea Day	22	23	24	25	26
Walk to School Week						
27	28 World Hunger Day International Hamburger Day	29	30	31 World No Tobacco Day		
Water Saving Week						
National BBQ Week						



JUNE 2024



MON

TUE

WED

THURS

FRI

SAT

SUN

						1	2
						National BBQ Week	
3 World Bicycle Day	4	5	6	7 World Food Safety Day	8	9 Open Farm Sunday	
Child Safety Week							
Volunteer's Week							
10	11	12 International Falafel Day	13	14	15	16	
Men's Health Week							
Healthy Eating Week							
Bike Week							
17	18 Sustainable Gastronomy Day	19 Water Refill Day	20	21	22	23	
Cervical Screening Awareness Week							
Learning Disability Week							
Refugee Week							
24	25	26	27	28	29	30	



JULY 2024



MON

TUE

WED

THURS

FRI

SAT

SUN

1

2

3

4

5

6

7

National Childhood Obesity Week

8

9

10

11

12

13

14

**International
Raw Food Day**

**Disability
Awareness
Day**

15

16

17

18

19

20

21

22

23

24

25

26

27

28

**Talk to Us
(Samaritans)**

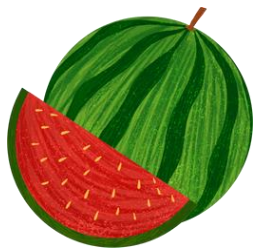
Love Parks Week

29

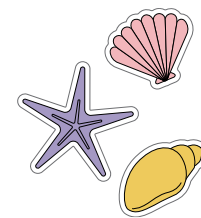
30

31

Love Parks Week



AUGUST 2024



MON

TUE

WED

THURS

FRI

SAT

SUN

			1 Cycle to Work Day	2	3	4	
			World Breastfeeding Week				
5	6	7	8	9	10	11	
Farmers Market Week							
12	13	14	15	16	17	18	
National Allotments Week							
Afternoon Tea Week							
19	20	21	22 World Plant Milk Day	23	24	25	
26	27	28	29	30	31		



SEPTEMBER 2024

● Seed Gathering Season



MON

TUE

WED

THURS

FRI

SAT

SUN

							1 National Tofu Day
2	3	4	5	6	7	8	
Zero Waste Week							
9 International Foetal Alcohol Spectrum Disorder Day	10 World Suicide Prevention Day	11	12	13	14	15	
Balance Awareness Week							
Fairtrade Fortnight							
16	17	18	19 Youth Mental Health Day	20	21 World Alzheimer's Day	22	
Malnutrition Awareness Week							
Fairtrade Fortnight							
23 ●	24 ●	25 ● National Fitness Day	26 ●	27 ●	28 ●	29 ● World Heart Day	International Day of Food Loss & Waste
Fall Prevention Awareness Week							International End Food Waste Day
	Sexual Health Week						
30 ●							



OCTOBER 2024



MON

TUE

WED

THURS

FRI

SAT

SUN

	1 World Vegetarian Day	2 World No Alcohol Day	3	4 World Smile Day	5 UK Fungus Day	6
National Vegetarian Week						
7	8	9	10 World Mental Health Day World Porridge Day World Sight Day	11 World Egg Day Coming Out Day	12	13
14	15 Global Handwashing Day	16 World Food Day World Bread Day	17	18 World Menopause Day	19	20
21 Apple Day	22	23	24	25	26	27
28	29	30	31			



NOVEMBER 2024



MON

TUE

WED

THURS

FRI

SAT

SUN

					1	2	3
4	5	6 National Stress Awareness Day	7	8	9	10	
Trustees' Week							
11 Remembrance Day	12	13	14 World Diabetes Day	15	16	17	
Anti-Bullying Week							
Sugar Awareness Week							
		Trans Awareness Week					
18	19 International Men's day	20	21	22	23	24	
25	26	27	28	29	30		



DECEMBER 2024



MON

TUE

WED

THURS

FRI

SAT

SUN

						1 World AIDS Day
2 English Breakfast Day	3 International Day of Persons with Disabilities	4	5 World Soil Day	6	7	8
National Grief Awareness Week						
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29