


December: Try Something New Month



keeping pittsburgh running



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1. Eat a red apple day!	2. 
3. Fly Like An Eagle Nutrition Goals presented by Giant Eagle	4. Prepare food that you like in a way that you have not done before.	5. Try a new whole grain that you have not eaten before.	6. Saint Nicholas Night	7. 	8. Go to a new restaurant and try a meal that is unfamiliar to you.	9. Eat all vegetarian protein options for an entire day.
10. Invite a new friend to play with at recess!	11. 	12. First Day of Chanukah! (Jewish) Feast of Our Lady of Guadalupe (Mexico)	13. St. Lucia Day! (Swedish) 	14. Invent a new game for you and your friends to play!	15. National Poinsettia Day! 	16. Try a new winter sport! 
17. 	18. Go to your local library to learn about other cultural holiday traditions.	19. Try a new holiday dish from a different culture.	20. 	21. Winter Solstice! First Day of Winter!	22. 	23. Festus for the rest of us!
24. Christmas Eve!	25. Merry Christmas! 	26. Boxing Day! (Australian, Canadian, English, Irish) Happy Kwanzaa! (African American)	27. 	28. 	29. Create a new holiday tradition with your family! Such as taking a winter hike!	30. Have a snowball fight or a fake snowball fight if there isn't any snow!
31. New Year's Eve! Ōmisoka (Japanese)						