

# Calendar of Nutrition Events - 2023

## January

13 - 20  
National Obesity Awareness Week  
[National Obesity Awareness Week - UK Health Public Health Network](#)

End Jan  
NHS FV Food Activity Grants – Closing Date  
[NHS Forth Valley – Nutrition](#)

1 - 31  
Dry January  
[Dry January | Alcohol Change UK](#)

28<sup>th</sup> Jan  
Breastfeeding Campaign ParentClub  
[Breastfeeding Campaign \(prgloo.com\)](#)

## February

1 - 28  
Fizz Free February  
[Take part in Fizz Free February](#)

20<sup>th</sup> Feb – 8<sup>th</sup> April  
Veg Power  
[Eat them to defeat them](#)

## March

4  
World Obesity Day  
[World Obesity Day](#)

6 - 12  
Food Waste Action Week  
[Food Waste Action Week | WRAP](#)

13 - 19  
Nutrition & Hydration Week  
[N&H Week | Nutrition and Hydration Week](#)

## April

7<sup>th</sup>  
World Health Day  
[75 years of improving public health \(who.int\)](#)

25 – 1<sup>st</sup> May  
National Gardening Week  
[National Gardening Week 2022](#)

## May

4 – 10<sup>th</sup>  
National Weaning Week

## May

5  
World Hand Hygiene Day  
[World Hand Hygiene Day](#)

15 - 21  
National Salt Awareness Week  
[Salt Awareness Week 2023 - Action on Salt](#)

15 - 21  
National Vegetarian Week  
[Home - National Vegetarian Week 2023](#)  
[National Vegetarian Week 2023](#)

10-16  
Food Allergy Awareness Week

## June

TBC  
Scottish Breastfeeding Awareness Week

7  
World Food Safety Day  
[World Food Safety Day \(who.int\)](#)

12-18  
Diabetes Week  
[Diabetes Week](#)

## June

TBC  
Dietitians Week  
[BDA Campaigns](#)

12 - 16  
Healthy Eating Week  
British Nutrition Foundation  
[Healthy Eating Week - British Nutrition Foundation](#)

## July

August  
1 - 7  
World Breastfeeding Week  
[World Breastfeeding Week](#)

End Aug  
NHS FV Food Activity Grants – Closing Date  
[NHS Forth Valley – Nutrition](#)

## September

Sustainable September  
[Sustainable September | British Dietetic Association \(BDA\)](#)

Vitamin D Campaign  
[Vitamin D | Food Standards Scotland](#)

## October

TBC  
Challenge Poverty Week  
[Challenge Poverty Week](#)

TBC  
UK Malnutrition Awareness Week  
[UK Malnutrition Awareness Week \(bapen.org.uk\)](#)

## November

1  
World Vegan Day

14  
World Diabetes Day  
[World Diabetes Day](#)

National Sugar Awareness Week  
[Sugar Awareness Week - Action on Sugar](#)

## December

TBC  
Festive Food Safety  
[Christmas food safety checklist | Food Standards Scotland](#)

### Other Campaigns

**Meat Free Monday**  
[Home - Meat Free Monday](#)  
Twitter  
[@MeatFreeMonday](#)

**Peas Please**  
[Peas Please | Food Foundation](#)  
Twitter  
[@PeasPleaseUK](#)

**SimplyVeg**  
[Simply Veg](#)  
[@VegPowerUK](#)

**Sugar Smart UK**  
[Sugar Smart UK](#)  
[@SugarSmartUK](#)

**NHS Forth Valley on Social Media**

