

# 2024

## HEALTH PROMOTION CALENDAR



GOVERNMENT OF BERMUDA  
Department of Health



# 2024 ALPHABETICAL LISTING OF OBSERVANCES

OBSERVANCE	DATE	ORGANIZATION	CONTACT
Alcohol and Drug Addiction Recovery Month	September	Department for National Drug Control / Mid-Atlantic Wellness Institute	292-3049 / 236-3770
Alcohol Awareness Month	April	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Alzheimer's Awareness Month	September	Action on Alzheimer's and Dementia	707-0600
Autism Awareness Month	April	Bermuda Autism Support and Education Society	www.bermudaautism.bm
Bermuda Day	May 24	Department of Culture	292-1681
Better Speech and Hearing Month	May	Speech Language and Hearing Services	278-6429
Boxing Day	December 26		
Breast Cancer Awareness Month	October	Bermuda Cancer and Health Centre	236-1001
Breastfeeding Month	August	Department of Health	278-6460
Caribbean Wellness Day	September 14	Health Promotion and Wellness Office	278-4900
Celebrating Wellness Month	September	Health Promotion and Wellness Office	278-4900
Celebrating Wellness Week	September 15 - 22	Health Promotion and Wellness Office	278-4900
Cervical Health Awareness Month	January	Bermuda Cancer and Health Centre	236-1001 / 278-6441
Child Abuse Prevention Month	September	Child and Family Services	296-7575
Child Sexual Abuse Awareness & Prevention Month	April	SCARS (Saving Children and Revealing Secrets)	297-2277
Christmas Day	December 25		
Chronic Disease Awareness Month	November	Bermuda Hospitals Board	236-2345
Chronic Disease Awareness Week	November 10 - 15	Bermuda Hospitals Board	236-2345
Colorectal Cancer Awareness Month	March	Bermuda Cancer and Health Centre	236-1001
Convex End-to-End event	April 27	Bermuda End to End	292-6992
Denim for Diabetes Day	November 15	Bermuda Diabetes Association	297-8427
Diabetes Awareness Month	November	Bermuda Diabetes Association	297-8427
Dietitian's Day	March 13	Nutrition Services / Bermuda Dietitians Association	278-6469
Domestic Violence Awareness Month	October	Centre Against Abuse	292-4366
Dyslexia Awareness Day	October 15	Decoding Dyslexia BDA	707-5737
Dyslexia Awareness Month	October	Decoding Dyslexia BDA	707-5737
Earth Day	April 22	Greenrock	747-7625
Ehlers Danlos Syndrome Awareness Month	May	Pink Sands Connection	
Emancipation Day (Cup Match)	August 1		
EMS Week	May 19 - 25	Bermuda Hospitals Board	236-2345
Ethics Awareness Week	November 3 - 9	Bermuda Hospitals Board - Ethics Committee	236-2345
Falls Prevention Awareness Day	September 22	Bermuda Hospitals Board	236-2345
Falls Prevention Week	September 22 - 27	Bermuda Hospitals Board	236-2345
Father's Day	June 16		
Fight the Bite (Mosquito Awareness Month)	July	Vector Control	278-5397
Forensic Nurses Week	November 10 - 16	SART / Maternal Health	278-6475
Foster Parent Month	May	Child and Family Services	296-7575
Good Friday	March 29		
Gynaecological Cancer Awareness Month	September	Bermuda Cancer and Health Centre	236-1001
Health Care Quality Week	October 13 - 18	Bermuda Hospitals Board	236-2345
Heart Month	February	Bermuda Heart Foundation / Bermuda Hospitals Board	232-2673 / 236-2345
HIV Awareness Month	June	Sexual and Reproductive Health Clinic	278-6442
HIV Testing Day	June 27	Sexual and Reproductive Health Clinic /Epidemiology and Surveillance Unit	278-6442 / 278-6505
Human Rights Day	December 10	Human Rights Commission	295-5859
Hurricane Preparedness Awareness Week	May 26 may - 1 June	Emergency Measures Organization	247-1093
International Clean Hands Week	September 15 - 21	Community Health Nursing	278-6456
International Day Against Drug Abuse & Illicit Trafficking	June 26	Department for National Drug Control	292-3049
International Day for Disaster Reduction	October 13	Bermuda Red Cross	236-8253
International Day for the Elimination of Racial Discrimination	March 21	Human Rights Commission	295-5859
International Day of Families	May 15	Child and Family Services	296-7575
International Day of Older Persons	October 1	Ageing and Disability Services	292-7802
International Day of Persons with Disabilities	December 3	Ageing and Disability Services/Bermuda Hospitals Board	292-7802/236-2345
International Infection Prevention Week	October 13 - 19	Bermuda Hospitals Board	236-2345
International Nurses Day	May 12	Community Health Nursing / Bermuda Nurses Association	278-6460
International Water Safety Day	May 15	Department of Parks - Lifeguard Services	236-5902
Know Alcohol Day	April 26	CADA - Encouraging Responsible Alcohol Behaviour	295-5982
Labour Day	September 2		
Lung Cancer Awareness Month	June	Bermuda Cancer and Health Centre	236-1001
Mammography Day	October 18	Bermuda Cancer and Health Centre	236-1001
Mary Prince Day	August 2		
Medical Laboratory Professionals Week	April 21 - 27	Clinical Laboratory (DoH)	278-6474
Melanoma Awareness Month	May	Bermuda Cancer and Health Centre	236-1001

Melanoma Monday	May 6	Bermuda Cancer and Health Centre	236-1001
Men's Health Month	November	Bermuda Cancer and Health Centre	236-1001
Mental Health Awareness Month	May	Employee Assistance Programme Bermuda (EAP)	292-9000
Mental Health Week	October 6 - 12	Mid-Atlantic Wellness Institute	236-3770
Mother's Day	May 12		
Move for Health Day	May 10	Health Promotion and Wellness Office	278-4900
Move More Bermuda Senior Games	May 19	Health Promotion and Wellness Office / Bermuda National Athletic Association	278-4900
MOvember Bermuda	November	Bermuda Cancer and Health Centre	236-1001
Multiple Sclerosis Awareness Month	March	Multiple Sclerosis Society of Bermuda	
Multiple Sclerosis Awareness Week	April 29 - 3 May	Multiple Sclerosis Society of Bermuda	
National Heroes' Day	June 17	Department of Culture	292-1681
National Speech-Language Pathologist Day	May 18	Speech Language and Hearing Services	278-6429
Neonatal Nurses Week	September 8 - 14	Bermuda Hospitals Board	236-2345
New Year's Day	January 1		
Nurses Month	May	Bermuda Nurses Association	291-0294
Nutrition Month	March	Nutrition Services / Bermuda Dietitians Association/Bermuda Hospital Board	278-6469/236-2345
Oral Health Month	February	Oral Health	278-6440
Ovarian Cancer Awareness Month	September	Bermuda Cancer and Health Centre	236-1001
Paediatric Nurses Week	October 7 - 11	Bermuda Hospitals Board	236-2345
Positive Parenting Month	April	Child Development Programme	295-0746
Prostate Cancer Awareness Month	November	Bermuda Cancer and Health Centre	236-1001
Public Health Week	April 7 – 13	Health Promotion and Wellness Office	278-4900
Relay for Life	May 10 – 11	Bermuda Cancer and Health Centre	236-1001
Remembrance Day	November 11		
Rodent Control Awareness Month	March	Vector Control	278-5397
Sexual and Reproductive Health Day	February 12	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance Unit	278-6442 / 278-6505
Sexual and Reproductive Health Week	February 11 - 17	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance Unit	278-6442 / 278-6505
Sickle Cell Awareness Month	September	Bermuda Sickle Cell Association	333-4525
Stroke Awareness Month	May	Bermuda Hospitals Board	236-2345
Sun Smart Month	March - June	Bermuda Cancer and Health Centre	236-1001
Teen Dating Violence Awareness Month	February	Centre Against Abuse	292-4366
Teen Pregnancy Prevention Day	May 1	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Teen Pregnancy Prevention Month	May	Teen Services / Maternal Health and Family Planning	292-4598 / 278-6475
Vaccination Week in the Americas	April 20 – 27	Child and School Health	278-6460
Week of the Young Child	April 6 - 12	Bermuda Association for the Education of Young Children	
World AIDS Day	December 1	Sexual and Reproductive Health Clinic/ Epidemiology and Surveillance	278-6442 / 278-6505
World Alzheimer's Day	September 21	Action on Alzheimer's and Dementia	707-0600
World Asthma Day	May 7	Open Airways	232-0264
World Autism Awareness Day	April 2	Bermuda Autism Support and Education Society	basebda@yahoo.com
World Blood Donor Day	June 14	Bermuda Hospitals Board- Blood Donor Centre	236-5067
World Breastfeeding Week	August 1 - 7	Department of Health	278-6460
World Cancer Day	February 4	Bermuda Cancer and Health Centre	236-1001
World Children's Day	November 20	Family Centre	232-1116
World COPD Day	November 20	Open Airways	232-0264
World Day for Safety and Health at Work	April 28	Bermuda Hospitals Board / Environmental Health	236-2345 / 278-5333
World Diabetes Day	November 14	Bermuda Diabetes Association/Bermuda Hospitals Board	297-8427/236-2345
World Diabetes Prevention Day	August 14	Bermuda Diabetes Association	297-8427
World Elder Abuse Awareness Day	June 15	Age Concern Bermuda	238-7525
World Environmental Day	June 5	Environmental Health	278-5333
World Environmental Health Day	September 26	Environmental Health	278-5333
World Food Day	October 16	Environmental Health	278-5333
World Food Safety Day	June 7	Environmental Health	278-5333
World Hand Hygiene Day	May 5	Bermuda Hospitals Board	236-2345
World Health Day	April 7	Health Promotion and Wellness Office	278-4900
World Hypertension Day	May 17	Community Health Nursing	278-6460
World Kidney Day	March 14	Bermuda Hospitals Board - Beresford Swan Dialysis Unit	236-2345
World Malaria Day	April 25	Vector Control	278-5333
World Mental Health Day	October 10	Mid-Atlantic Wellness Institute	236-3770
World No-Tobacco Day	May 31	Department for National Drug Control	292-3049
World Occupational Therapy Day	October 27	Community Rehabilitation	278-6427
World Physiotherapy Day	September 8	Community Rehabilitation	278-6427
World Red Cross Day	May 8	Bermuda Red Cross	236-8253
World Sickle Cell Day	June 19	Bermuda Sickle Cell Association	333-4525
World Sight Day	October 10	Vision Bermuda	292-3231
World Social Work Day	March 19		
World Stroke Day	October 29	Bermuda Hospitals Board	236-2345
World Water Day	March 22	Environmental Health	278-5333





## ROSEMARY ORANGE HAND SALT SCRUB

### Ingredients

1 cup salt (or Epsom salt)  
 zest of one orange  
 1 tsp. rosemary leaves taken off the stem.  
 1/3 cup olive oil (or coconut oil)

### Instructions

In a food processor, place the orange zest, rosemary and salt. Pulse until rosemary is in fine pieces. Pour in the olive oil and pulse a couple more times. Store in an airtight jar or container. To use the scrub, wet your hands with warm water, then rub the scrub on the hand in gentle circular motions. Rinse completely with warm water. Pat skin dry.

**Benefits:** Rosemary and orange zest act as an antiseptic and skin brightener and the salt scrub itself, lifts dead skin.

## DECEMBER 2023

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

## FEBRUARY 2024

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

## MONTHLY OBSERVANCES

- Cervical Health Awareness Month



# JANUARY 2024

S	M	T	W	T	F	S
31	1 New Year's Day	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3



**LOQUAT SALSA** 4 servings: 74 calories

**Ingredients**

- 3 cups loquats (pitted)
- One medium red bell pepper (chopped)
- ½ cup red onion (chopped)
- ¼ cup packed cilantro leaves (chopped)
- One jalapeño (seeded and minced)
- 1 large lime (juiced, about ¼ cup lime juice)
- ⅛ to ¼ tsp. salt, to taste

**Instructions**

In a serving bowl, combine the prepared loquats, bell pepper, onion, cilantro and jalapeño. Drizzle mixture with the juice of one lime. Using a large spoon, stir the ingredients together. Season to taste with salt, and stir again.

**Note:** For best flavor, let the salsa rest for 10 minutes or longer.

**Benefits:** Loquats contribute to the required fruit daily servings and helps reduce the risk of non-communicable diseases such as heart disease.

**JANUARY 2024**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**MARCH 2024**

S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

**MONTHLY OBSERVANCES**

- Heart Month
- Oral Health Month
- Teen Dating Violence Awareness Month



# FEBRUARY 2024

S	M	T	W	T	F	S
28	29	30	31	1	2	3
4 World Cancer Day	5	6	7	8	9	10
SEXUAL AND REPRODUCTIVE HEALTH WEEK 11-17						
11	12 Sexual and Reproductive Health Day	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	1	2



**TOMATO SAUCE** 5 servings: ` 123 calories

**Ingredients**

5 large ripe tomatoes  
 ½ small onion (chopped)  
 ½ garlic clove (minced)  
 1 - 1 ½ tbsp. of extra virgin olive oil  
 pinch of salt

**Optional:**

½ tsp. sugar  
 2 - 3 fresh basil leaves, Oregano or rosemary

**Instructions**

Cut up tomatoes and place in a bowl. Add pinch of salt, mix and set aside.

In a large frying pan add olive oil, garlic and chopped onion, let brown.

Add tomatoes and cover pan. Cook for 5-7 minutes on high heat. Check regularly to avoid burning tomatoes. Season with fine salt and add herbs such as basil, oregano or rosemary.

**Note1:** For a smoother consistency let sauce cool and place in a blender and pulse.

**Note2:** Although most tomatoes can be used for best tasting sauce use a mixture of plum and beefsteak.

**Benefits:** Tomato sauce is rich in lycopene, which helps improve heart and gut health, and also helps in the prevention of some cancers.

**FEBRUARY 2024**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

**APRIL 2024**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

**MONTHLY OBSERVANCES**

- Colorectal Cancer Awareness Month
- Multiple Sclerosis Awareness Month
- Nutrition Month
- Rodent Control Awareness Month
- Sun Smart Month



# MARCH 2024

S	M	T	W	T	F	S
25	26	27	28	29	1	2
3	4	5	6	7	8	9
10	11	12	13 Dietitian's Day	14 World Kidney Day	15	16
17	18	19 World Social Work Day	20	21 International Day for the Elimination of Racial Discrimination	22 World Water Day	23
24 31	25	26	27	28	29 Good Friday	30



**ZUCCHINI BOAT** 4 servings: ` 308 calories (2 zucchini boats)

**Ingredients**

- 4 zucchinis
- ½ cup tomato Sauce (see previous recipe)
- 1 lb. lean Ground Turkey
- 1 – 1 ½ tbsp. extra virgin olive oil (or choice of cooking oil)
- ½ onion (chopped)
- 2 cloves Garlic (minced)
- 1 tsp. basil
- 1 tsp. thyme
- pinch of salt
- 2 tbsp. Panko Bread crumbs \*
- ¼ cup parmesan Cheese (optional)
- Parsley

**Instructions**

Pre-heat oven to 375°F. Cut zucchinis in half lengthwise. Scoop out the flesh using a spoon, leaving a ¼ - ½-inch thick border all around the zucchini. Chop zucchini flesh and set aside. In a large skillet pan heat oil on medium heat than add onions and cook until tender. Add ground turkey to skillet and cook until light brown, while breaking into a crumble. Season meat by adding garlic, basil, thyme and salt. Stir in well. Combine zucchini flesh into mixture then add tomato sauce and let simmer. Fill zucchini boats with meat filling, and top with \*panko breadcrumbs. Place zucchini boats into baking pan and bake in oven at 375°F for 25 minutes, until zucchini has softened. Top with cheese (optional) and garnish with parsley.

\*Panko are Japanese breadcrumbs made from steamed, crustless loaves of bread that are processed into flakes and then dried, resulting in large, flaky breadcrumbs that don't pack together when coating food so food stays crispier longer. In Japanese, pan means bread, and ko means crumbs, flour or powder, so the word panko translates to "bread crumbs" or "bread flour". Regular bread crumbs are not as dry and flaky and are processed into a finer crumb than panko,. (source: Food Network.com and allrecipes.com)

**Benefits:** Zucchinis are high in antioxidants, fibre and potassium, which help reduce risk of non-communicable diseases such as high blood pressure.

MARCH 2024						
S	M	T	W	T	F	S
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3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24 31	25	26	27	28	29	30

MAY 2024						
S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**MONTHLY OBSERVANCES**

- Alcohol Awareness Month
- Autism Awareness Month
- Child Sexual Abuse Awareness & Prevention Month
- Positive Parenting Month
- Sun Smart Month



# APRIL 2024

S	M	T	W	T	F	S
31	1	2 World Autism Awareness Day	3	4	5	6
WEEK OF THE YOUNG CHILD 6 - 12						
PUBLIC HEALTH WEEK 7 - 13						
7 World Health Day	8	9	10	11	12	13
14	15	16	17	18	19	20
VACCINATION WEEK IN THE AMERICAS 20 - 27						
MEDICAL LABORATORY PROFESSIONALS WEEK 21 - 27						
21	22 Earth Day	23	24	25 World Malaria Day	26 Know Alcohol Day	27 Convex End-to-End event
MULTIPLE SCLEROSIS AWARENESS WEEK 29 - MAY 3						
28 World Day for Safety and Health at Work	29	30	1	2	3	4



**SURINAM CHERRY JAM** 16 servings: `17 calories

**Ingredients**

- 2 cups surinam Cherries
- 2 tbsp. chia Seeds
- 2 tbsp. sweetener of choice (honey, agave, maple syrup, regular sugar etc.)
- 2 tbsp. lemon or lime juice
- 2 tbsp. grated fresh ginger

**Instructions**

Remove stalks and seeds from cherries, place in saucepan over medium heat for 5-10 minutes. Mash cherries until they achieved desired consistency. Remove from heat and add citrus juice and sweetener. Adjust amount of sweetener added based on desired taste. Add the chia seeds which will expand and thicken the mixture. Set aside for 5 minutes to thicken. If too runny add in an extra tablespoon of chia seeds. Place in refrigerator. The mixture will continue to thicken in refrigerator and should last for up to 2 weeks. Store in air tight container or jar.

**Benefits:** Surinam cherries contribute to the required fruit servings and are high in antioxidants and vitamins which help in lowering risk of non-communicable disease and wound healing.

APRIL 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

JUNE 2024						
S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

**MONTHLY OBSERVANCES**

- Ehlers Danlos Syndrome Awareness Month
- Better Speech and Hearing Month
- Foster Parent Month
- Melanoma Awareness Month
- Mental Health Awareness Month
- Nurses Month
- Stroke Awareness Month
- Sun Smart Month
- Teen Pregnancy Prevention Month



# MAY 2024

S	M	T	W	T	F	S
28	29	30	1 Teen Pregnancy Prevention Day	2	3	4
5 World Hand Hygiene Day	6 Melanoma Monday	7 World Asthma Day	8 World Red Cross Day	9	RELAY FOR LIFE 10-11	
10 Move for Health Day	11	12 International Nurses Day Mother's Day	13	14	15 International Day of Families International Water Safety Day	16 World Hypertension Day
17 National Speech-Language Pathologist Day	EMS WEEK 19 - 25					
18	19 Move More Bermuda Senior Games	20	21	22	23	24 Bermuda Day
25	HURRICANE PREPAREDNESS AWARENESS WEEK 26 - JUNE 1					
26	27	28	29	30	31 World No-Tobacco Day	1



**INFUSED CUCUMBER AND LEMON WATER** 8 servings: ` 8 calories if you eat cucumbers and lemons

**Ingredients**

- ½ large cucumber
- 1 large lemon
- 2 litres of water
- Optional ingredients
- 1 - 2 sprigs of rosemary (optional)
- A handful of thyme or mint (or both)
- Fresh ginger

**Instructions**

Wash cucumber and lemon then slice (approx. ¼ inch thick). Add to water. Can also add optional herbs such as rosemary, thyme, and mint or some ginger to add some extra flavour. Place in fridge for 30minutes and then serve immediately.

**Benefits:** Lemon and cucumber water is good for digestion, hydration and is low in calories.

**MAY 2024**

S	M	T	W	T	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

**JULY 2024**

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

**MONTHLY OBSERVANCES**

- HIV Awareness Month
- Lung Cancer Awareness Month
- Sun Smart Month

# JUNE 2024

S	M	T	W	T	F	S
26	27	28	29	30	31	1
2	3	4	5 World Environmental Day	6	7 World Safety Day	8
9	10	11	12	13	14 World Blood Donor Day	15 World Elder Abuse Awareness Day
16 Father's Day	17 National Heroes' Day	18	19 World Sickle Cell Day	20	21	22
23 30	24	25	26 International Day Against Drug Abuse & Illicit Trafficking	27 HIV Testing Day	28	29





*PEACH SALAD DRESSING* 6 servings: `72 calories

**Ingredients**

- 1 large ripe peach
- 3 tbs. extra-virgin olive oil
- 3 tbsp. apple cider vinegar
- ½ tsp. sea salt
- ¼ tsp. cayenne pepper (optional)

**Instructions**

Peel skin, remove seed and chop peach. Combine the peach with the remaining ingredients in a blender. Blend until thoroughly combined.

**Note:** To peel a peach, place it in boiling water for 10 to 20 seconds, or until the skin splits. Spoon peach out of boiling water and place into an ice water bath. Allow to cool, and the skin should slip right off. OR

**Benefits:** Peaches contain vitamin C, A, E, fibre and potassium which contribute to good health and helps reduce the risk of non-communicable diseases.

**JUNE 2024**

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 30	24	25	26	27	28	29

**AUGUST 2024**

S	M	T	W	T	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**MONTHLY OBSERVANCES**

- **Fight the Bite (Mosquito Awareness Month)**

# JULY 2024

S	M	T	W	T	F	S
30	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	1	2	3





*\*PAWPAW FRUIT BARS* 8 servings: `109 calories

**Ingredients**

- Ripe pawpaw chopped (approximately one cup)
- 1 cup water
- 1 cup coconut milk
- 1/2 cup pineapple chunks
- 1 1/2 limes
- 2 mint leaves
- 2 -3 tablespoons raw honey /agave syrup

**Instructions**

1. Blend it all together in a food processor.
2. Pour it into the molds.
3. Freeze for 20 to 30 minutes.
4. Put in the sticks and allow to freeze for at least four hours.

**Notes:** Add mango, Kiwi, passion fruit, star fruit, guava, and coconut, etc. for your own variation.

You may also freeze as ice bars or cubes and use to make your own fruit flavored water.

*\*PawPaw Fruit Bars recipe obtained from, "Bermuda PawPaw"*

**Benefits:** PawPaws are high in antioxidants, and vitamins A, C and E, which help in the prevention of non-communicable diseases.

JULY 2024						
S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

SEPTEMBER 2024						
S	M	T	W	T	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

**MONTHLY OBSERVANCES**

- Breastfeeding Month



# AUGUST 2024

S	M	T	W	T	F	S
30	31	30	31	WORLD BREASTFEEDING WEEK 1-7		
				1 Emancipation Day (Cup Match)	2 Mary Prince Day (Cup Match)	3
4	5	6	7	8	9	10
11	12	13	14 World Diabetes Prevention Day	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31



*AVOCADO CHOCOLATE PUDDING* 4 Servings: 154 calories

**Ingredients**

1 medium Avocado (ripe)  
 1 ½ - 2 bananas (approx. 1 ½ cups sliced)  
 ¼ cup unsweetened cocoa powder

**Optional:**

¼ tsp. cinnamon  
 1 tsp. vanilla extract  
 1 tbsp. maple syrup (or to taste)  
 Pinch of salt

**Instructions**

Add ingredients to blender or food processor and blend until combined and creamy. If too thick add a dash of milk (unsweetened almond, soy, oat or regular). Serve at room temperature or chilled.

**Benefits:** Avocados are high in monounsaturated fat, which is good for lowering cholesterol. Both avocados and bananas are high in potassium which help reduce blood pressure and contributes to a balance diet.

**AUGUST 2024**

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4	5	6	7	8	9	10
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**OCTOBER 2024**

S	M	T	W	T	F	S
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20	21	22	23	24	25	26
27	28	29	30	31		

**MONTHLY OBSERVANCES**

- Alcohol and Drug Addiction Recovery Month
- Alzheimer's Awareness Month
- Celebrating Wellness Month
- Child Abuse Prevention Month
- Gynaecological Cancer Awareness Month
- Ovarian Cancer Awareness Month
- Sickle Cell Awareness Month

# SEPTEMBER 2024

S	M	T	W	T	F	S
1	2 Labour Day	3	4	5	6	7
NEONATAL NURSES WEEK 8 - 14						
8 World Physiotherapy Day	9	10	11	12	13	14 Caribbean Wellness Day
INTERNATIONAL CLEAN HANDS WEEK 15 - 21						
CELEBRATING WELLNESS WEEK 15 - 22						
15	16	17	18	19	20	21 World Alzheimer's Day
FALLS PREVENTION WEEK 22 - 27						
22 Falls Prevention Awareness Day	23	24	25	26 World Environmental Health Day	27	28
29	30	1	2	3	4	5





**PUMPKIN PANCAKES** 1 Serving: `255 calories

**Ingredients**

- ½ cup quick oats
- 2 tbsp. unsweetened almond milk
- ¼ cup pumpkin puree
- ½ tsp. baking powder
- ½ tsp. pumpkin pie spice (consist of cinnamon, ginger, nutmeg, allspice, cloves...)
- ½ tsp. vanilla extract
- 1 egg
- Dash of salt

**Optional:**

A few pieces of Crystallized ginger finely chopped

**Instructions**

Place dry ingredients in blender (oats, baking powder pumpkin pie spice and salt), and pulse until mixed. Add REMAINING INGREDIENTS AND MIX UNTIL THOROUGHLY COMBINED.

Pour mixture onto hot non-stick frying pan, make any size you wish). Cook for 2-4 minutes until pancakes fluff up a little and bubbles appear on surface. Flip with spatula and cook other side. Once cooked, let cool and then top with Low-fat Greek yogurt and maple syrup or any toppings of your liking.

**Note1:** For smoother pancakes, place oats in blender first and mix until fine, then add dry ingredients.

**Note2:** To make pumpkin puree, remove all the seeds from pumpkin. Cut pumpkin into pieces and bake in the oven at 375°F (190°C) for 45 minutes (or until golden and tender). Peel off skin and place small pieces of pumpkin in blender or mash by hand using a potato masher.

**Benefits:** Pumpkin usually harvested in the colder months is a good source of vitamins A, C, E, iron, potassium and folate which all strengthen the immune function and help reduce the risk of non-communicable diseases.

SEPTEMBER 2024						
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NOVEMBER 2024						
S	M	T	W	T	F	S
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24	25	26	27	28	29	30

**MONTHLY OBSERVANCES**

- Breast Cancer Awareness Month
- Dyslexia Awareness Month
- Domestic Violence Awareness Month

# OCTOBER 2024

S	M	T	W	T	F	S
29	30	1 International Day of Older Persons	2	3	4	5
<b>MENTAL HEALTH WEEK 6 - 12</b> <b>PAEDIATRIC NURSES WEEK 7 - 11</b>						
6	7	8	9	10 World Sight Day World Mental Health Day	11	12
<b>INTERNATIONAL INFECTION PREVENTION WEEK 13 - 19</b> <b>HEALTH CARE QUALITY WEEK 13 - 18</b>						
13 International Day for Disaster Reduction	14	15 Dyslexia Awareness Day	16 World Food Day	17	18 Mammography Day	19
20	21	22	23	24	25	26
27 World Occupational Therapy Day	28	29 World Stroke Day	30	31	1	2



**STUFFED PEPPERS** 6 servings: ` 240 calories per stuffed pepper

**Ingredients**

- 1 ½ cup couscous (can substitute for brown rice or quinoa) (cooked)
- 6 bell peppers
- 1 lb. lean ground turkey
- 2 tbsp. olive oil
- ½ onion (chopped)
- 2 cloves garlic (minced)
- 2 cups fresh chopped tomatoes
- ¼ cup parmesan Cheese (optional)

**Instructions**

Slice bell peppers length wise or remove the tops (Whichever you prefer). Remove core and seeds and bake at 350 degrees F for 15 minutes while preparing filling. In a skillet pan heat oil on medium heat. Add onions, garlic, meat and sauté until brown. Add tomatoes and cooked couscous and mix until combined. Stuff peppers with meat filling, sprinkle with cheese and cook for 20minutes or until soft.

**Benefits:** Peppers contain vitamins A, C, potassium, folic acid and fibre, which help reduce non-communicable diseases, improve good health and are good during pregnancy.

**OCTOBER 2024**

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**DECEMBER 2024**

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**MONTHLY OBSERVANCES**

- Chronic Disease Awareness Month
- Diabetes Awareness Month
- Men's Health Month
- MOvember Bermuda
- Prostate Cancer Awareness Month



# NOVEMBER 2024

S	M	T	W	T	F	S
27	28	29	30	31	1	2
ETHICS AWARENESS WEEK 3 - 9						
3	4	5	6	7	8	9
FORENSIC NURSES WEEK 10 - 16						
CHRONIC DISEASE AWARENESS WEEK 10 - 15						
10	11 RemeberanceDay	12	13	14 World Diabetes Day	15 Denim for Diabetes Day	16
17	18	19	20 World Children's Day World COPD Day	21	22	23
24	25	26	27	28	29	30



**KALE SALAD** 2-3 Servings: ` 124-186 calories

**Ingredients**

Approx. 4 large leaves Kale (4 large handfuls cut)  
 2 beets shredded (approx. 2 cups)  
 1 large Carrot (shredded)  
 Half a small onion (diced)  
 1 small lemon (juiced)  
 1/3 cup dried Cranberries

**Optional:** Pumpkin seeds, walnuts or slivered almonds to add some extra crunch

**Instructions**

Wash, destalk (remove leaf from stem) and cut kale. Massage kale with lemon juice (or vinegar) to break down the kale to soften and set aside in a bowl. Finely shred beetroot and carrot, add to bowl and mix in. Dice onion, add to bowl and mix in gently. Top with Pumpkin seeds and dried cranberries. The cranberries add sweetness.

**Optional:** Can dress salad with peach salad dressing (see previous recipe) or create a sweet dressing by mixing lemon juice, vinegar, and honey or maple syrup to taste.

**Note:** Toast Pumpkin seeds, walnuts or slivered almonds to add a nutty flavor.

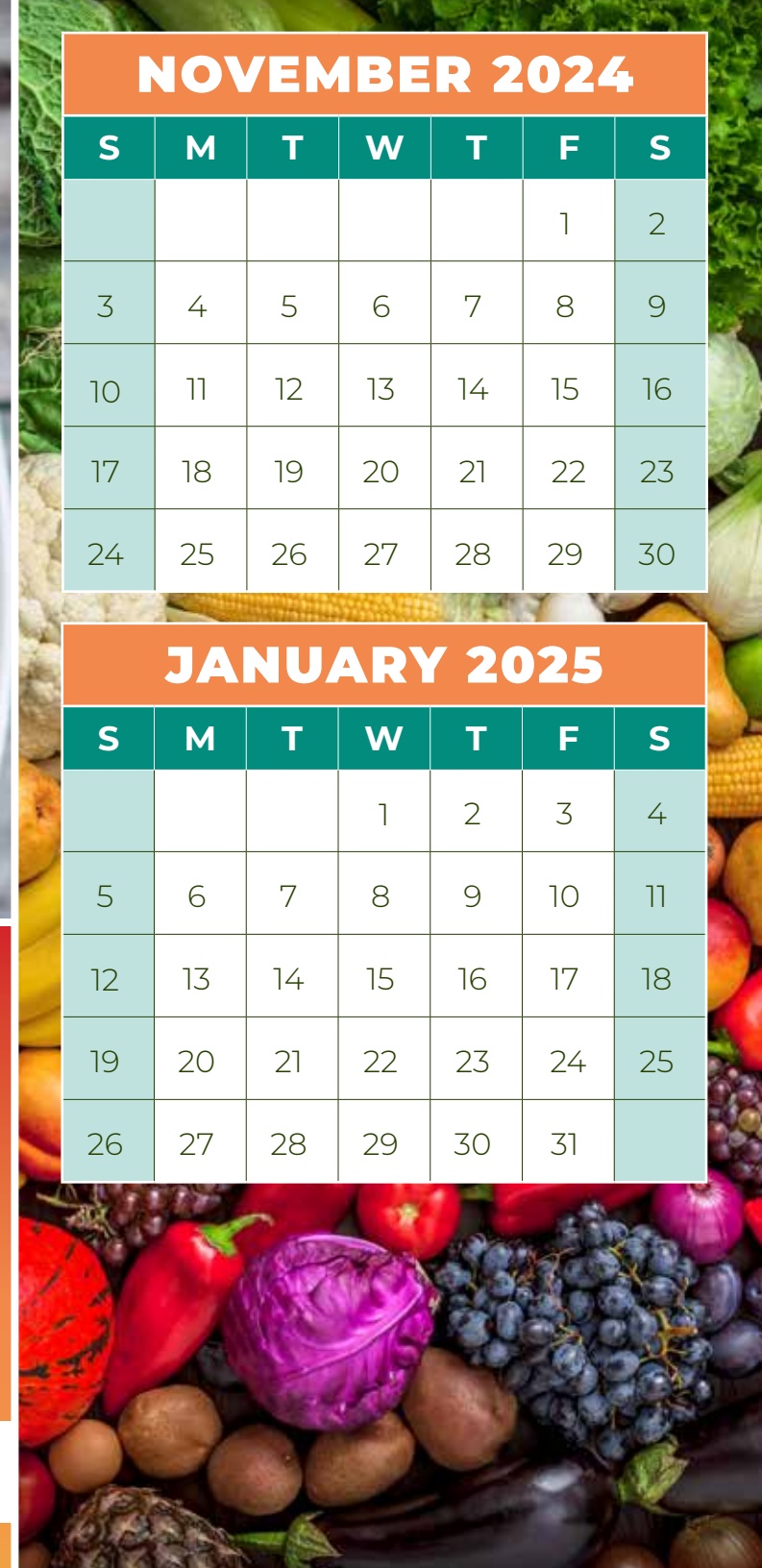
**Benefits:** Kale is high in vitamins A and K, lutein and zeaxanthin which contribute to good eye health and is also high in antioxidants , potassium, magnesium, fibre, folate and calcium which contributes to prevention of non-communicable diseases, good gut and bone health, and is good during pregnancy.

**NOVEMBER 2024**

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**JANUARY 2025**

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# DECEMBER 2024

S	M	T	W	T	F	S
1 World AIDS Day	2	3 International Day of Persons with Disabilities	4	5	6	7
8	9	10 Human Rights Day	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25 Christmas Day	26 Boxing Day	27	28
29	30	31	1	2	3	4



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