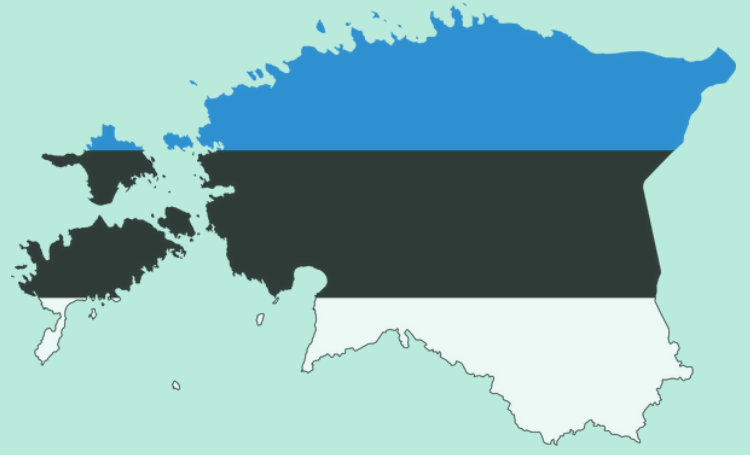
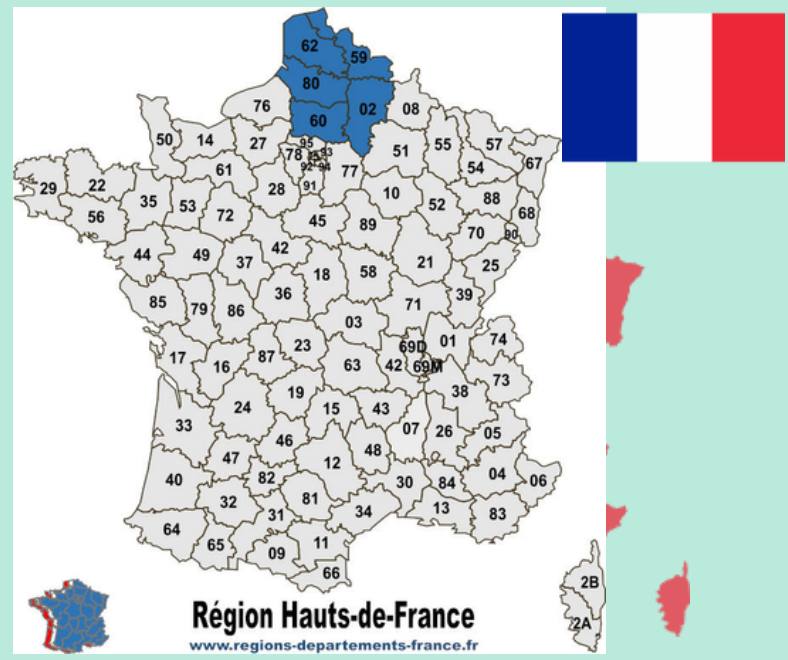


CALENDAR

2023

Let's eat greener ,healthier and let's protect the planet!



JANUARY 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	25	26	27	28
29	30	31				

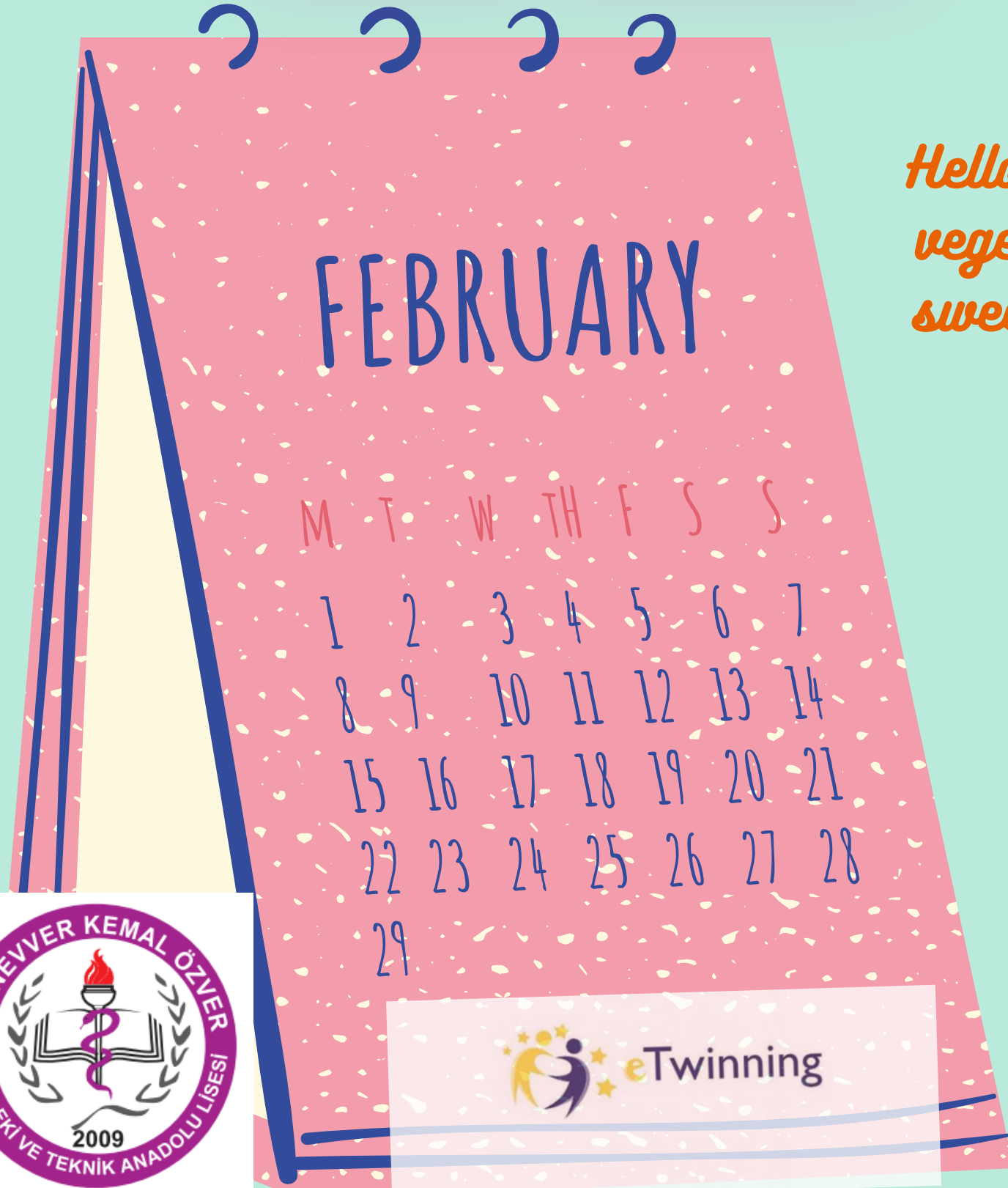
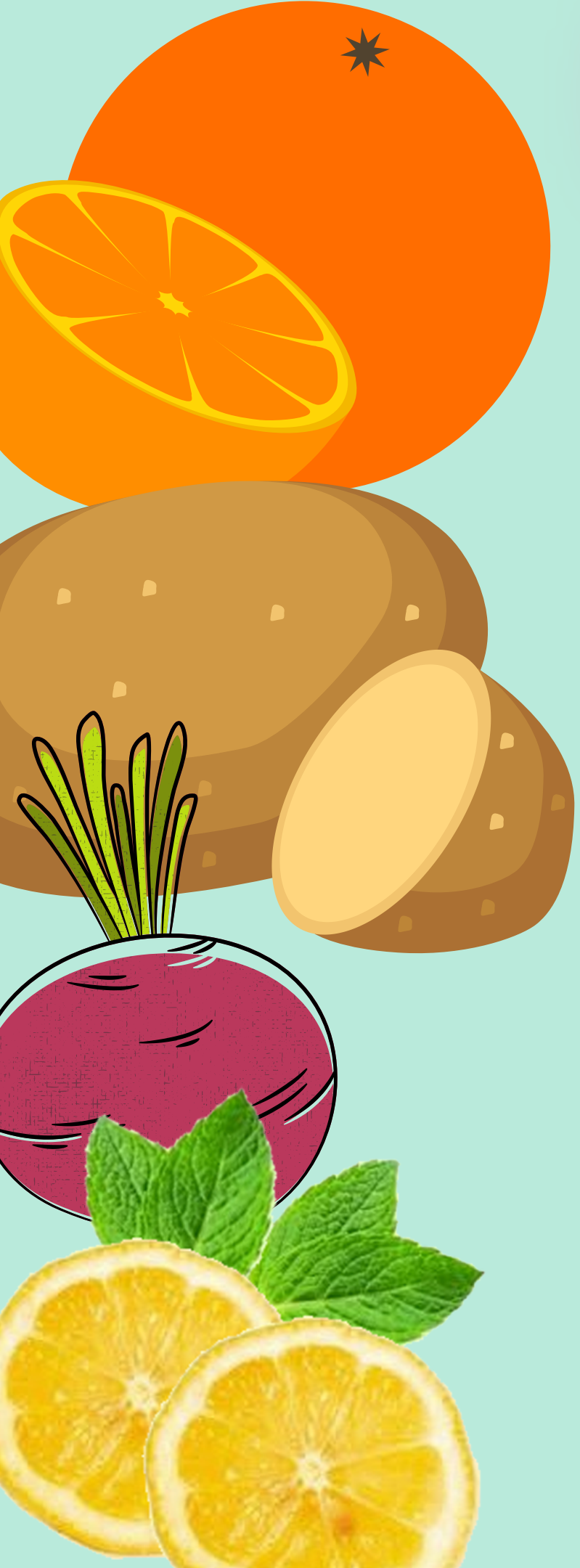
OUR MOTTO:

EAT A HEALTHY MEAL

TO HELP YOUR BODY HEAL



FEBRUARY FRUITS AND VEGETABLES



*Our motto
Hello to February, where
vegetables and fruits are
sweet and the weather is
harsh.*

Gizem&Ceren&Alya





Asparagus



MARCH 2023

Our Mottos

Stop wasting food! Sort out your rubbish!

Cut down on saturated fat and sugar!

Eat less salt! Get active!

Drink a lot of water!

Buy fruit and vegetables of the season and locally to reduce carbon footprint!

Salad



Chicory



Tomatoes

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



Leeks



Grapefruit and lemon



Apples and pears

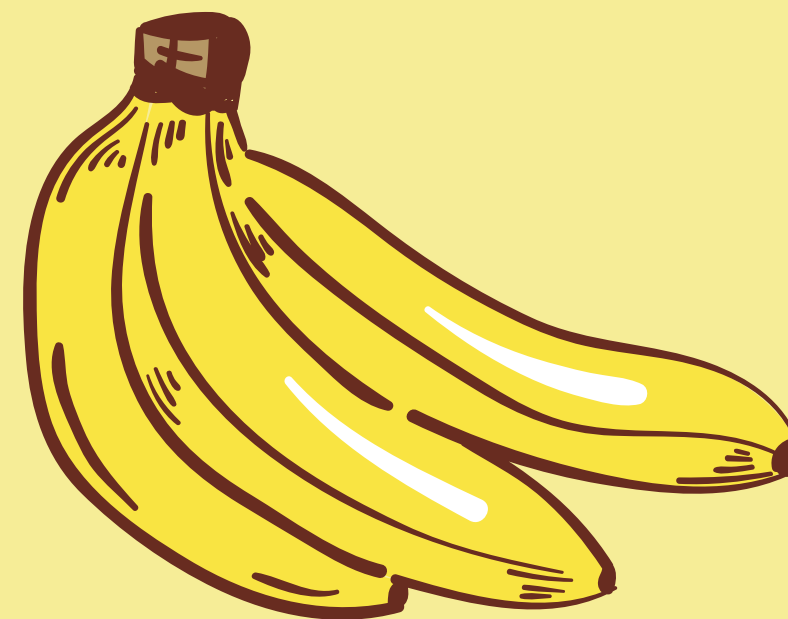
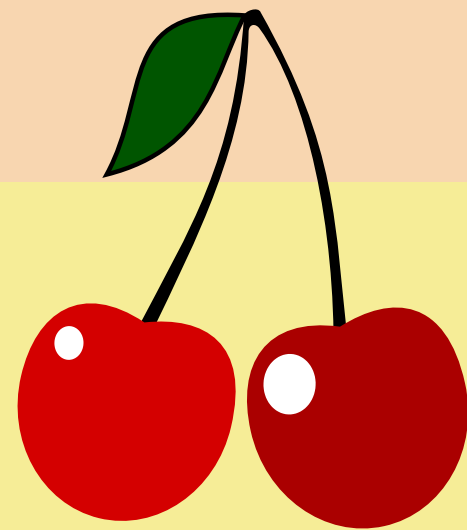
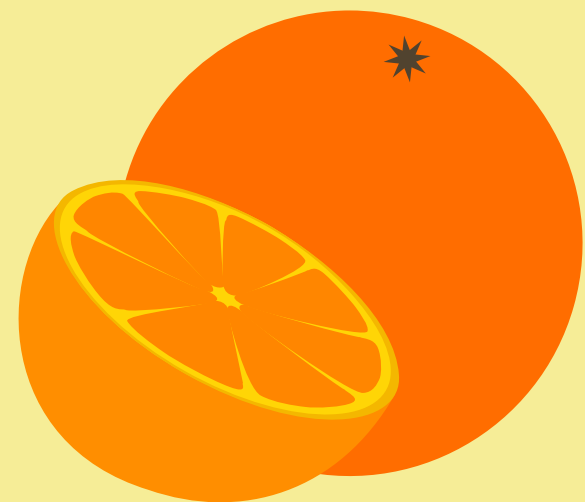


APRIL 2023

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

OUR MOTTO

**With the arrival of
spring, you too will
be refreshed and
enjoy fresh fruits and
vegetables**





MAY 2023

OUR MOTTO

We prefer to eat healthy and fresh vegetables.

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	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			



75th YEAR REPUBLIC VOCATIONAL AND TECHNICAL ANATOLIAN HIGH SCHOOL





JUNE 2023

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

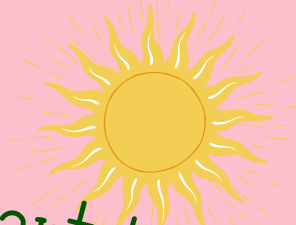
OUR MOTTO

Let's build wellness
rather than treat
disease.





Be smart. eat smart!



Our good resolutions in July ...

An apple a day keeps the doctor away!

Eat healthy, live longer, be stronger!!

JULY 2023

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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					



In July , it is so refreshing to eat mixed salads with vegetables or fruit!





AUGUST 2023



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13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Healthy food equals healthy mood!



SEPTEMBER 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	25	26	27	28	29	30

TIPS TO BE HEALTHY:

- Be physically active for 30 mins a day
- Eat a well-balanced, low-fat diet
- Avoid smoking and drinking alcohol
- Get enough sleep
- Stay out of the sun between 10 am - 3 pm

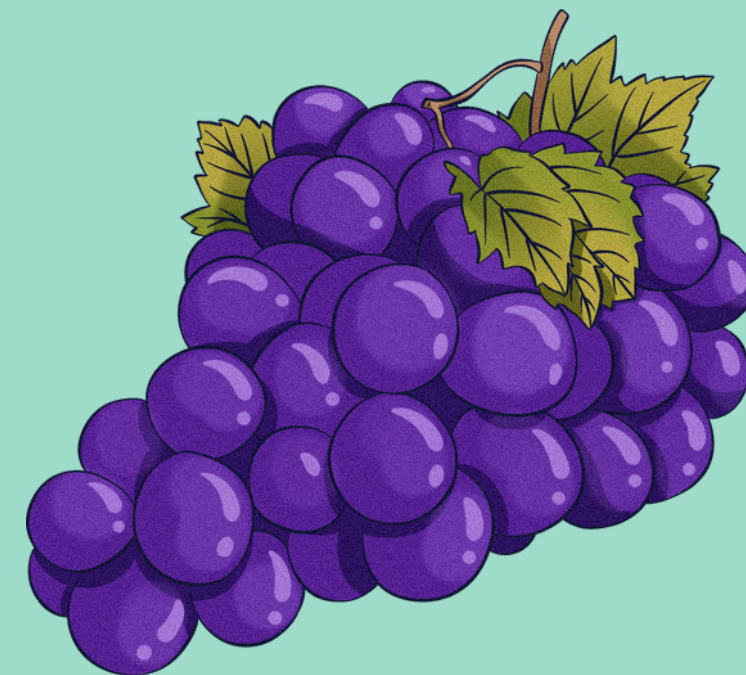
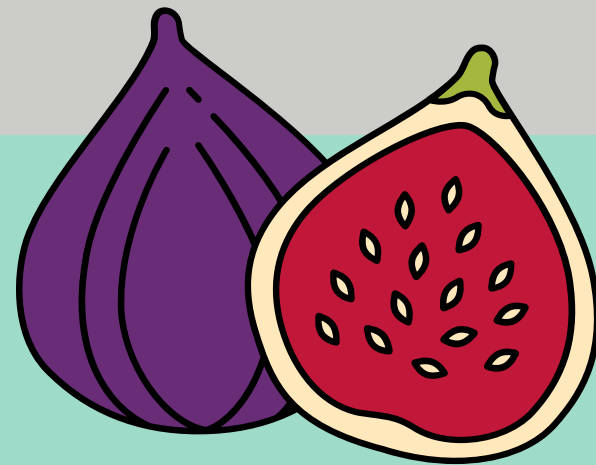


OCTOBER 2023

S	M	T	W	T	F	S
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15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Eat well for yourself.

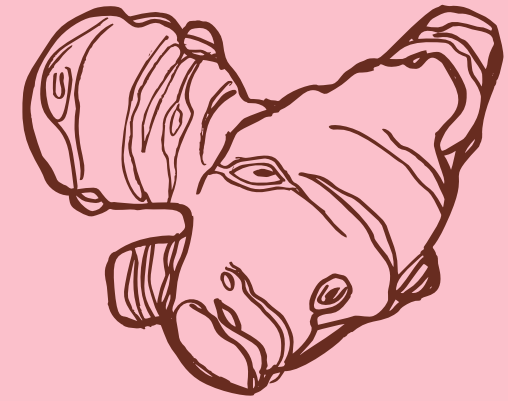
Treat the planet well for ourselves



Exercise not only changes your body, it changes your mind, your attitude and your mood! Let's practice sport!

NOVEMBER 2023

Eat 5 fruits and vegetables a day to be in good health !



Jerusalem artichokes



S	M	T	W	T	S	F
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12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30		



Carrot



Banana



Celery branch

Fruit and vegetables are a good source of vitamins and minerals, and they reduce the risk of diseases.



DECEMBER 2023

OUR MOTTO

S	M	T	W	T	F	
					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						

**It's winter in
December..how about a
spicy winter tea in your
warm house.**





2023'S RESOLUTIONS



- Here's to a new year that is full of happiness and unforgettable memories! –
SSBL
- Welcome to New year, welcome to new healthy habits (MKOMTAL).
- Thanks to my French students for their resolutions about good eating habits for their health and for the planet!
(Philippe Auguste HS)