

National Peanut Day

September 13 is the day to incorporate peanuts or peanut butter in your diet. It is a perfect excuse to eat your favorite peanut snack! Peanuts are such a popular snack, ingredient and Super-food.

National Peanut Day Activities:

1. Catch a ballgame and eat some peanuts - The All-American Pastime isn't complete without a delicious, hot bag of peanuts. Share some with friends.
2. Make a peanut butter and jelly sandwich - Relive the best after-school snack of your childhood, a gooey, sweet peanut butter and jelly sandwich.
3. Color this handout while eating some peanuts.

