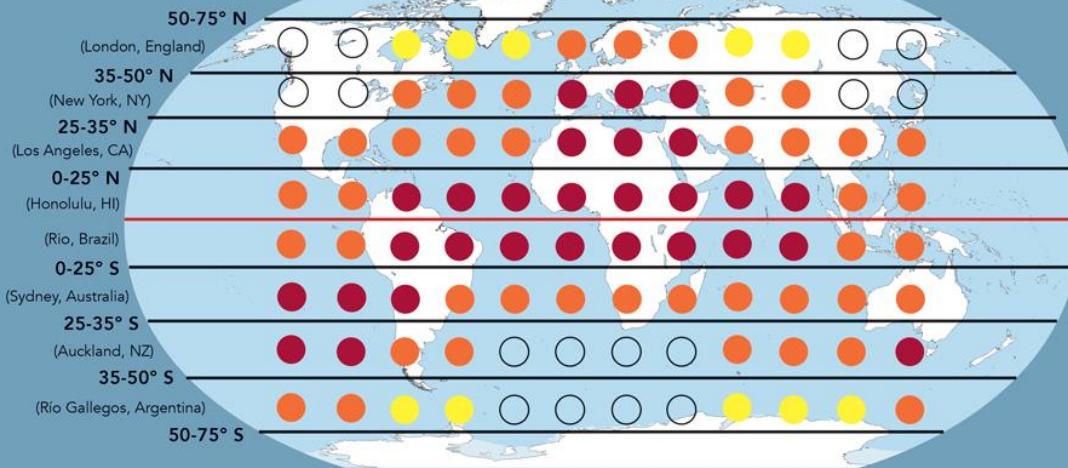


# SUNSHINE CALENDAR

JAN FEB MAR APR MAY JUNE JULY AUG SEPT OCT NOV DEC



## KEY

- Intense Sunshine**  
time needed to produce sufficient vitamin D:  
**10 minutes** (light-skinned), **45 minutes** (dark-skinned)
- Moderate Sunshine**  
time needed to produce sufficient vitamin D:  
**20 minutes** (light-skinned), **60 minutes** (dark-skinned)
- Low Sunshine**  
time needed to produce sufficient vitamin D:  
**30 minutes** (light-skinned), **90 minutes** (dark-skinned)
- None**  
not enough sunshine for adequate amounts of vitamin D

## GETTING VITAMIN D? LOOK AT YOUR SHADOW!

- ✓ shadow is shorter than you are tall, UV index is above 3
- ✗ shadow is longer than you are tall