



Paid for in part by OR SNAP

The following table lists the veggie or fruit that will be featured in the Plan for Good Health Calendar and on social media for the month specified. Each featured food will also have coordinating items such as a Food Hero Monthly issue, hand stamp, posters and coloring sheets. If your local produce calendar differs from our Food Hero product calendar feel free to use your local calendar.

2018	Featured Food
January	Lentils
February	Pizza
March	Eggs
April	Tofu
May	Chicken
June	Bananas
July	Blueberries
August	Tomatoes
September	Whole Grains - bulgur, barley, etc.
October	Greens - bok choy, collards, etc.
November	Sweet Potato
December	Split Peas

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 1-800-723-3638. USDA is equal opportunity provider and employer.

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