



Give Them More of the Good Stuff!

The following table lists the veggie or fruit that will be featured 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.

2022	Featured Food	Connections to our Holiday Calendar https://foodhero.org/holiday-calendar
January	Microgreens <i>*new</i>	OSU Extension MG Workshop
February	Radish	
March	Frozen Foods <i>*new</i>	Frozen Foods Month/Day
April	Spinach	National Spinach Day
May	Indigenous People's	<i>*new</i> Klatowa Eena Powwow
June	African Heritage	<i>*new</i> Juneteenth
July	Bees	Explore Oregon Bees
August	Peach	National Peach Month
September	<u>Whole Wheat Flour</u>	Whole Grains Month
October	Celery	New ODE OH4S Food
November	<u>Cranberries</u>	Eat a Cranberry Day
December	<u>Kiwi</u>	National Kiwifruit Day

New Food Hero Monthlies are indicated with **new* written next to the featured food. All other months will be exciting new updates of existing monthlies.

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