



Give Them More of the Good Stuff!

The following table lists the topic to be featured on social media for the month specified. Each featured food will have coordinating items as needed. If your local produce calendar differs from the Food Hero calendar, feel free to use your local calendar. Note: the calendar may be updated as needed.

2024	Featured Food	Connections
January	<i>Hot Peppers</i>	Latin Heritage workgroup
February	<i>Slow cooker / Rice Older Adult - Move More</i>	
March	<i>Microwave / Pears</i>	
April	<i>Garlic</i>	
May	Carrots <i>Older Adult - Snacks</i>	
June	Leafy Greens Salad Greens	
July	Summer Squash	
August	<i>Fish Older Adult - Healthy Digestion</i>	
September	Watermelon	
October	Potatoes	
November	<i>Pomegranate Older Adult topic - TBD</i>	Warm Springs
December	<i>Black-Eyed Peas</i>	African Heritage workgroup

New Food Hero Monthly topics are italicized. All other months will use existing monthlies.