



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.

2025	Featured Food	Connections
January	Milk	
February	Blueberries <i>Older Adult topic</i>	
March	Chicken (<i>update to include cook whole</i>)	
April	<i>IP theme</i>	
May	<i>Pacific Island theme</i> <i>Older Adult topic</i>	AAPI Heritage month
June	<i>Okra</i>	African Heritage workgroup
July	<i>Pineapple</i>	Latin Heritage workgroup
August	<i>Figs</i> <i>Older Adult topic</i>	
<i>September</i>	<i>Melons</i>	
October	<i>Drying Food / Pumpkin</i>	
November	Brussels Sprouts <i>Older Adult topic</i>	
December	<i>Hazelnuts</i>	

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