



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 product 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.

<b>Month</b>	<b>Featured Food Product</b>
January 2016	Salmon
February 2016	Oats
March 2016	Potatoes
April 2016	Whole Wheat Flour
May 2016	Mushrooms
June 2016	Yogurt
July 2016	Peaches
August 2016	Corn
September 2016	Cauliflower
October 2016	Kale
November 2016	Cranberries
December 2016	Broccoli

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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