



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.

Month	Featured Food Product
January 201ï	Kiwi
February 201ï	Turnip
March 201ï	Leeks
April 201ï	Beef
May 201ï	Asparagus
June 201ï	Strawberry
July 201ï	Raspberries/Blackberries
August 201ï	Watermelon
September 201ï	Pears
October 201ï	Tuna
November 201ï	Brussels sprouts
December 201ï	Cheese

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.

©2014 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.