



# 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 <a href="https://foodhero.org/holiday-calendar">https://foodhero.org/holiday-calendar</a>
January	TBD	
February	<a href="#">Strawberries</a>	National Strawberry Day
March	<a href="#">Broccoli</a>	National We Love Broccoli Day
April	TBD	
May	<a href="#">Ground Beef</a>	Beef Month
June	<a href="#">Leeks</a>	
July	Mango *new	National Mango Day
August	<a href="#">Watermelon</a>	Watermelon Day
September	<a href="#">Whole Wheat Flour</a>	Whole Grains Month
October	<a href="#">Kale</a>	National Kale Day
November	<a href="#">Cranberries</a>	Eat a Cranberry Day
December	<a href="#">Kiwi</a>	National Kiwifruit Day

Funded in part by Oregon SNAP. USDA is an equal opportunity provider and employer.  
2016 Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.