



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.

2023	Featured Food	Connections to our Holiday Calendar https://foodhero.org/holiday-calendar
January	TBD	
February	TBD	
March	TBD	
April	TBD	
May	Asparagus	National Asparagus Month
June	TBD	
July	Cane berries	
August	TBD	
September	TBD	
October	TBD	
November	TBD	
December	Turnips	

Funded in part by Oregon SNAP. USDA is an equal opportunity provider and employer.
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