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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 including 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 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
January 2015	Carrots
February 2015	Cabbage
March 2015	Radishes
April 2015	Peas
May 2015	Green Beans
June 2015	Salad Greens
July 2015	Summer Squash
August 2015	Tomatoes
September 2015	Peppers
October 2015	Beets



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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November 2015	Winter Squash
December 2015	Spinach
July 2014	Berries
August 2014	Brown and White Rice
September 2014	Beans
October 2014	Apples
November 2014	Milk
December 2014	Onions

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