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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 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> | <b>Calendar Recipe</b>             |
|----------------|------------------------------|------------------------------------|
| September 2014 | Beans                        | Hummus Dip                         |
| October 2014   | Apples                       | Apple Bars                         |
| November 2014  | Milk                         | Skillet Corn Chowder               |
| December 2014  | Onions                       | Kale and Cranberry Stir-fry        |
| January 2015   | Carrots                      | Tropical Carrot Salad              |
| February 2015  | Cabbage                      | Red Potatoes and Cabbage           |
| March 2015     | Radishes                     | Braised Radishes                   |
| April 2015     | Peas                         | Mediterranean Tuna Salad           |
| May 2015       | Green Beans                  | Green Beans with Almonds & Onions  |
| June 2015      | Salad Greens                 | Green Salad with Peas              |
| July 2015      | Summer Squash                | Zucchini Pizza Boats               |
| August 2015    | Tomatoes                     | Tomato Melt                        |
| September 2015 | Peppers                      | Sautéed Peppers                    |
| October 2015   | Beets                        | Un-beet-able Berry Smoothie        |
| November 2015  | Winter Squash                | Butternut Squash and Chile Pan Fry |
| December 2015  | Spinach                      | Spinach with Garbanzo Beans        |

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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