



# Give Them More of the Good Stuff!

The following table lists the topic to be featured on social media for the month specified. If your local produce calendar differs from the Food Hero calendar, feel free to use your local calendar.

2025	Featured Food
January	Milk
February	Blueberries (update)
March	Chicken (update)
April	Tofu (update)
May	Grapes (update)
June	Peas
July	Pineapple (NEW)
August	Tomatoes (update)
September	Apples
October	Pumpkin
November	Sweet Potatoes
December	Brussels Sprouts