



Food Hero Social Media Holiday Calendar

Used by the Food Hero social media team to promote healthy eating, food gardening and physical activity. Individual holidays serve as a source of inspiration and may not be highlighted every year.

JANUARY

National: Baking Month, Oatmeal Month, Soup Month

3rd Monday: Martin Luther King Jr. Day
Last Saturday: Seed Swap Day

- 1 New Year's Day
- 4 National Spaghetti Day
- 6 Apple Tree Day
- 9 National Apricot Day
- 10 National Houseplant Appreciation Day
- 11 National Milk Day
- 15 National Fresh Squeezed Juice Day
- 19 National Popcorn Day
- 20 National Cheese Lover's Day
- 21 Granola Bar Day
- 23 National Pie Day
- 24 National Peanut Butter Day
- 28 National Blueberry Pancake Day

FEBRUARY

National: American Heart Month, Black History Month, Canned Food Month, Hot Breakfast Month

1st Wednesday: National Girls and Women in Sports Day
3rd Monday: Presidents' Day
4th Thursday: National Chili Day

- 2 Groundhog Day
- 3 National Carrot Cake Day
- 4 National Stuffed Mushroom Day,
- 6 National Frozen Yogurt Day,
- 7 National Fettuccine Alfredo Day
- 8 National Potato Lover's Day
- 9 National Pizza Day
- 13 National "Italian Food" Day, National Cheddar Day
- 14 Valentine's Day

- 14 Oregon's Birthday
- 16 National Almond Day
- 20 National Muffin Day
- 22 National Cook a Sweet Potato Day, Recreational Sports and Fitness Day
- 23 National Banana Bread Day
- 23 National Chili Day
- 26 Tell a Fairy Tale Day
- 27 National Strawberry Day

MARCH

National: Frozen Food Month, Noodle Month, Nutrition Month, Peanut Month, Sauce Month

First Week: National School Breakfast Week
2nd Sunday: Daylight Savings Begins
3rd Tuesday: National Ag Day
21st: First Day of Spring

- 1 National Peanut Butter Lover's Day
- 2 Read Across America
- 3 World Wildlife Day
- 6 National Frozen Food Day
- 7 National Cereal Day
- 9 National Meatball Day
- 10 National Ranch Dressing Day
- 11 National "Eat Your Noodles" Day
- 13 National Chicken Noodle Soup Day
- 14 Registered Dietitian Nutritionist Day
- 17 St. Patrick's Day
- 21 World Poetry Day, National Flower Day
- 22 World Water Day
- 23 Toast Day
- 24 National Tortilla Chip Day
- 26 National Spinach Day
- 31 Oranges and Lemons Day, Whole Grains Sampling Day

APRIL

National: Garden Month, Move More Month

1st Full Week: National Public Health Week
2nd Week: National Library Week

1st Wednesday: National Walking Day
1st Friday: Walk to Work Day
4th Thursday: Take Your Child to Work Day
Last Wednesday: Stop Food Waste Day

- 1 April Fool's Day
- 2 National PB&J Day, International Children's Book Day
- 3 National Find a Rainbow Day, Walk to Work Day
- 7 World Health Day
- 14 National Gardening Day
- 19 Garlic Day
- 21 Kindergarten Day
- 22 Earth Day
- 23 World Book Day
- 25 National Zucchini Bread Day
- 26-30 Every Kid Healthy Week
- 30 National Oatmeal Cookie Day, National Raisin Day

MAY

National: Asian American, Native Hawaiian, and Pacific Islander (AANHPI) Heritage Month BBQ Month, Beef Month, Egg Month, Older Americans Month, Physical Fitness and Sports Month, Salad Month, Salsa Month, Strawberry Month

1st Week: National Herb Week, Teacher Appreciation Week
1st Full Week: Drinking Water Week
4th Week: Parenting Week
1st Friday: School Lunch Day
1st Saturday: National Fitness Day
2nd Friday: National Public Gardens Day
2nd Sunday: Mother's Day
3rd Sunday: Take a Parent to the Playground Day
Tuesday of 1st full week: National Teacher Day
Last Monday: Memorial Day
Last Wednesday: National Senior Health & Fitness Day

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MAY, continued

- 1-7 National Physical Education and Sport Week
- 4 National Orange Juice Day
- 5 Cinco De Mayo, World Teacher's Day
- 7 School Lunch Hero Day
- 11 Eat What You Want Day
- 13 National Hummus Day
- 15 International Day of Families, Bike to Work Day, Dinosaur Day
- 20 Pick Strawberries Day, World Bee Day

JUNE

National: Camping Month, Dairy Month, Fresh Fruit & Vegetable Month

Last Full Week: National Pollinator Week

- 1st Wednesday: Global Running Day
- 2nd Saturday: National Get Outdoors Day
- 3rd Sunday: Father's Day
- 21st: First Day of Summer

- 1 World Milk Day
- 3 Egg Day, World Bicycle Day
- 4 National Cheese Day
- 15 Power of a Smile Day
- 16 National Juggling Day
- 17 National Eat Your Vegetables Day
- 18 International Picnic Day
- 25 National Strawberry Parfait Day
- 29 Camera Day

JULY

National: Grilling Month, Parks and Recreation Month, Picnic Month

3rd Sunday: National Ice Cream Day

- 1 International Joke Day
- 4 Independence Day, National BBQ Day
- 7 Macaroni Day
- 10 National Pick Blueberries Day
- 11 National Blueberry Muffin Day
- 13 International Puzzle Day
- 29 National Lasagna Day
- 30 International Day of Friendship

AUGUST

National: Breastfeeding Month, Kids Eat Right Month, Peach Month

3rd Saturday: National Honeybee Day

- 1-7 World Breastfeeding Week
- 2 National Coloring Book Day
- 3 Watermelon Day
- 6 Friendship Day
- 8 National Zucchini Day
- 9 National Rice Pudding Day
- 16 Joke Day
- 19 National Potato Day
- 24 National Waffle Day
- 26 National Dog Day
- 31 National Trail Mix Day

SEPTEMBER

Be a Food Hero Month

National: Baby Safety Month, Food Safety Month, Mushroom Month, Whole Grains Month

- 1st Monday: Labor Day
- 21st: First Day of Fall
- September 15–October 15: Hispanic Heritage Month
- Last Wednesday: Women's Health and Fitness Day

- 6 Read a Book Day
- 10 National Swap Ideas Day
- 13 National Peanuts Day, National Grandparents' Day
- 15 National Linguine Day, National Dot Day
- 25 National Comic Book Day
- 26 National Pancake Day
- 29 World Heart Day

OCTOBER

National: Apple Month, Cookbook Month, Farm to School Month, Health Literacy Month, Pizza Month, Work and Family Month at OSU

2nd Full Week: National School Lunch Week

1st Monday: National Child Health Day

- 2 National Child Health Day
- 4 National Crunchy Taco Day

- 6 National Noodle Day
- 9 Indigenous Peoples Day
- 13 National Take Your Parents to Lunch Day
- 14 National Dessert Day
- 16 National Dictionary Day, World Food Day
- 17 National Pasta Day
- 22 National Nut Day
- 24 National Food Day
- 26 National Pumpkin Day
- 29 Oatmeal Day
- 31 Halloween

NOVEMBER

National: Native American Heritage Month, Raisin Bread Month

- 1st Sunday: Daylight Savings Begins
- 3rd Thursday: Thanksgiving
- 3rd Friday: National Native American Heritage Day

- 3 National Sandwich Day
- 6 National Nachos Day
- 11 Veteran's Day
- 13 World Kindness Day
- 15 National Clean Out Your Fridge Day
- 17 Take a Hike Day, Homemade Bread Day
- 23 Eat a Cranberry Day
- 25 National Parfait Day

DECEMBER

National: Pears Month

21st: First Day of Winter

- 4 National Cookie Day
- 5 National Comfort Food Day
- 6 National Gazpacho Day
- 19 National Oatmeal Muffin Day
- 23 National Bake Day
- 25 National Pumpkin Pie Day
- 31 New Year's Eve