



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, Canned Food Month, Hot Breakfast Month

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

- 1-7 African Heritage and Health Week
- 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: BBQ Month, Beef Month, Egg 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

- 1-7 National Physical Education and Sport Week





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- 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