



# Food Hero Social Media Holiday Calendar

Food Hero's calendar of days, weeks, and months we may promote on social media. For tasty, healthy recipes that fit your budget and more free materials and tools, visit [www.FoodHero.org](http://www.FoodHero.org)!

## JANUARY

National: Oatmeal Month, Soup Month, Baking Month

3rd Monday: Martin Luther King Day

- 1 New Year's Day
- 3 Drinking Straw Day
- 4 National Spaghetti Day
- 6 Apple Tree Day
- 9 National Apricot 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, National Hugging 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; Grapefruit 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, Homemade Soup Day
- 6 National Frozen Yogurt Day, National Wear Red 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
- 23 National Banana Bread Day
- 23 National Chili Day
- 26 Tell a Fairy Tale Day
- 27 National Strawberry Day, World NGO Day

## MARCH

National: Nutrition Month, Noodle Month, Frozen Food 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 Dr. Seuss's Birthday, 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
- 16 World Sleep Day
- 17 St. Patrick's Day
- 21 World Poetry Day
- 22 World Water Day
- 23 Toast Day
- 24 National Tortilla Chip Day
- 26 National Spinach Day
- 31 Oranges and Lemons Day

## APRIL

National: Garden Month, Cancer Control Month, Move More Month

1st Full Week: National Public Health Week

2nd Week: National Library Week

4th Thursday: Take Your Child to Work 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
- 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, Strawberry Month, Physical Fitness and Sports Month, Salad Month, Salsa Month

1st Week: National Herb Week, Teacher Appreciation Week

1st Full Week: Drinking Water Week

4th Week: Parenting Week

1st Friday: School Lunch 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

- 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





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## JUNE

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

2nd Saturday: National Get Outdoors Day

3rd Sunday: Father's Day

21st: First Day of Summer

- 1 World Milk Day
- 3 Egg Day
- 4 National Cheese Day
- 14 Flag 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: Picnic Month, Parks and Recreation Month, Grilling 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: Peach Month, Kids Eat Right Month

1st Sunday: American Family Day

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

1st Monday: Labor Day

21st: First Day of Fall

- 6 Read a Book Day
- 10 National Swap Ideas Day
- 13 National Peanuts Day, National Grandparents' Day
- 15 National Linguine Day, National Dot Day
- 19 Talk Like a Pirate Day
- 25 National Comic Book Day
- 26 National Pancake Day

## OCTOBER

National: Apple Month, Farm to School Month, Pizza Month; Work and Family Month at OSU, Breast Cancer Awareness Month

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
- 13 National Take Your Parents to Lunch Day
- 14 National Dessert Day
- 16 National Dictionary Day
- 17 National Pasta Day
- 22 National Nut Day
- 24 National Food Day
- 26 National Pumpkin Day
- 29 Oatmeal Day
- 31 Halloween

## NOVEMBER

National: Raisin Bread Month

1st Sunday: Daylight Savings Begins;  
3rd Thursday: Thanksgiving

- 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

