



Give Them More of the Good Stuff!

The following table lists the veggie or fruit that will be featured on social media for the month specified. Each featured food 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.

| 2022 | Featured Food | Connections to our Holiday Calendar https://foodhero.org/holiday-calendar |
|-----------|---------------------------|--|
| January | Microgreens <i>*new</i> | |
| February | Radish | |
| March | Frozen Foods <i>*new</i> | Frozen Foods Month/Day |
| April | Spinach | National Spinach Day |
| May | Indigenous People's | <i>*new</i> Klatowa Eena Powwow |
| June | African Heritage | <i>*new</i> Juneteenth |
| July | Celery | New ODE OH4S Food |
| August | Peach | National Peach Month |
| September | <u>Whole Wheat Flour</u> | Whole Grains Month |
| October | Trawl Fillets <i>*new</i> | National Seafood Month |
| November | <u>Cranberries</u> | Eat a Cranberry Day |
| December | <u>Kiwi</u> | National Kiwifruit Day |

New Food Hero Monthlies are indicated with **new* written next to the featured food. All other months will be exciting new updates of existing monthlies.

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