



Give Them More of the Good Stuff!

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

2023	Featured Food	Connections to our Holiday Calendar https://foodhero.org/holiday-calendar
January	Vinegar <i>*new</i>	Latinx Workgroup
February	Strawberries	National Strawberry Month
March	Peas	
April	Rhubarb <i>*new</i>	
May	Fry Bread <i>*new</i>	Indigenous Peoples Workgroup
June	Asparagus	National Asparagus Month
July	Eggplant <i>*new</i>	
August	Raspberry/Blackberry	
September	Mushrooms	National Mushroom Month
October	Kale	National Kale Day
November	Turnips	
December	Leeks	

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.