



# 2019 Campaign Calendar

## Monthly Featured Foods

Give Them More  
of the  
Good Stuff!

This calendar lists the foods that will be featured each month in the Food Hero [Monthly](#) and [social media](#). Each food has a suite of coordinating tools: [foodhero.org/ingredients](http://foodhero.org/ingredients). If your local calendar differs, feel free to use your local calendar. New ideas? Email us: [food.hero@oregonstate.edu](mailto:food.hero@oregonstate.edu).

2019	Featured Food	Connection to Our Holiday Calendar: <a href="http://www.foodhero.org/holiday-calendar">http://www.foodhero.org/holiday-calendar</a>
January	<a href="#">Beans</a>	National Dry Bean Day – Jan. 6 <sup>th</sup>
February	<a href="#">Onions</a>	
March	<a href="#">Pork</a> *new	Frozen/canned pork coming to Oregon Food Bank Dec 18 <sup>th</sup> – March 17 <sup>th</sup> . USDA bonus & tariffs mitigation
April	<a href="#">Herbs and Spices</a> *new	National Garden Month – herbs can grow quickly in school gardens. Leading up to National Herb Week – 1 <sup>st</sup> week May.
May	<a href="#">Salad Greens</a>	National Salad Month
June	<a href="#">Milk</a>	National Dairy Month
July	<a href="#">Grapes</a> *new	
August	<a href="#">Corn</a>	
September	<a href="#">Rice</a>	Whole Grain Month
October	<a href="#">Apples</a>	National Apple Month
November	<a href="#">Turkey</a> *new	Holiday Connection - Pantry Turkey Delivery
December	<a href="#">Carrots</a>	



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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.