



2020 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://www.foodhero.org/ingredients). If your local calendar differs, feel free to use your local calendar. New ideas? Email us: food.hero@oregonstate.edu.

2020	Featured Food	Connection to Our Holiday Calendar: http://www.foodhero.org/holiday-calendar
January	Oats	National Oatmeal Month
February	Cherries *new	National Cherry Month
March	Water	World Water Day
April	Salmon	
May	Beets	
June	Yogurt	National Dairy Month.
July	Bell Peppers	
August	Summer Squash	National Zucchini Day
September	Potatoes	National Potato Month
October	Pumpkin *new	National Pumpkin Month
November	Parsnips *new	
December	Cauliflower	

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.