

Canned beans are always in season!

EDITORIAL CALENDAR



Canned
Beans

OPEN THE POSSIBILITIES

October 2022



Commemorate
**VEGETARIAN
AWARENESS MONTH**
and
**PASTA AWARENESS
MONTH** with
● **Rockin' Rainbow Pasta**



**NATIONAL
CHILI MONTH**
Make it your way! Beef,
chicken, veggie. Kidney, black,
cannellini. YUM!



**NATIONAL SCHOOL
LUNCH WEEK**
Individual hummus snack
packs are the perfect lunch
accompaniment!

RECIPES TO TRY THIS MONTH:

| SUN | MON | TUES | WED | THURS | FRI | SAT |
|--|---|---|---|---|--|--|
| | Meatless Monday Eat more plants with canned beans! | Taco Tuesday Fill your tacos with beans, or top with bean salsa! | | | | World Vegetarian Day Enjoy your favorite vegetarian protein— canned beans! 1 |
| 2 | National Boyfriend Day! Celebrate your boyfriend with canned beans—both a vegetable AND a protein! 3 | National Taco Tuesday Celebrate with delicious ● Beef 'N Bean Taco Skillet! 4 | National Get Funky Day Find your groove with the most versatile and convenient protein—canned beans. Turn up the energy, improve the mood, smile, laugh and dance. 5 | National Noodle Day What goes best with noodles? Canned beans, obviously. Try this ● Rockin' Rainbow Pasta. 6 | World Smile Day! Generate grins around the globe with ● Black Beans and Rice! 7 | 8 |
| 9 | Columbus Day 10 | 11 | National Farmer's Day You know who grows beans? Farmers. 12 | Navy Birthday The United States Navy, not navy beans. But navy beans ARE delicious. You should try them. 13 | National Dessert Day Impress your guests with a delicious bean-based ● Banana White Chocolate Pudding. 14 | National Sweetest Day! Treat your sweetie to something delicious— with beans. So many sweet treats. 15 |
| World Food Day The perfect reminder to gift canned foods to your local food bank. 16 | National Pasta Day Isn't that similar to National Noodle Day? (See October 6th for inspiration) 17 | National No Beard Day Nothing against beards, but we hear that beans can get lost in them. 18 | 19 | Get to Know Your Customers Day First question: What's your favorite bean dish? 20 | 21 | National Nut Day Roasted chick peas are a great low-fat nut substitute. 22 |
| 23 | National Food Day Help people to "Eat Real." 24 | World Pasta Day Whip up some ● Creamy Tuscan Chicken and Mushrooms! 25 | 26 | 27 | World Series Begins Score BIG and serve ● Stuffed Greek Chicken Wraps 28 | National Oatmeal Day Pump up the protein by cooking, mashing and adding some white beans to your morning meal. 29 |
| 30 | Halloween 31 | | | | | |

CANNED BEANS. OPEN THE POSSIBILITIES.

cannedbeans.org

November 2022



PEANUT BUTTER LOVERS MONTH

Consider mashed beans as a protein-packed toast-topper alternative!



MEN'S HEALTH MONTH

Packed with protein and fiber, canned beans are a pantry staple for healthy men.

| | SUN | MON | TUES | WED | THURS | FRI | SAT |
|---------------------|---|--|---|---|---|--|---|
| | |  | World Vegan Day Canned beans are a vegan diet staple with endless possibilities! Celebrate with a quick and delicious • Red Bean Dip 1 | | Sandwich Day Try the non-traditional • Crunchy Chickpea Pita Sandwich 3 | |  |
| | Daylight Savings Ends Make the most of the shorter day with • Traditional Hummus 7 |  | | Need a New Holiday Menu Item? Do a test run of this yummy • Grilled Caesar Salad with Aquafaba Dressing & Parmesan Chickpea "Croutons" 9 |  | Veteran's Day 11 | College Football Salad Sensation: Serve up this crowd pleasing • Roasted Fennel and Chickpea Panzanella 12 |
| WORLD KINDNESS WEEK | World Kindness Day Be kind to your neighbor... and yourself! 13 | Spicy Guacamole Day Add a kick to the traditional • Black Bean Guacamole 14 | National Philanthropy Day A great day to participate in your local grocer's canned food drive! 15 |  | |  | |
| | |  | National Espresso Day Enjoy your favorite brew with a black-bean-filled quesadilla! 22 | National Juke Box Day Can you find Josh Grobin's Bean Song? 23 | Thanksgiving Bring healthy to the Thanksgiving table with • Black Bean Dark Chocolate Brownies | Black Friday Cake Day Indulge in delicious • Red Velvet Cupcakes 25 | Small Business Saturday 26 |
| | | | | |  | | |
| | | Cyber Monday Let your fingers do the shipping! 28 | National Day of Giving Gift your local food pantry a supply of canned beans! 29 | | | | |
| | | | | | | | |

RECIPES TO TRY THIS MONTH:

CANNED BEANS. OPEN THE POSSIBILITIES.



Nothing makes a party like
canned beans!

CANNED BEANS. OPEN THE POSSIBILITIES.