



 Canned beans are
always in season!

EDITORIAL CALENDAR



**Canned
Beans**

OPEN THE POSSIBILITIES

April 2022



**COUPLE
APPRECIATION
MONTH**



**NATIONAL
VOLUNTEER
MONTH**



**STRESS
AWARENESS
MONTH**



**MOVE MORE
MONTH**



**NATIONAL
HUMOR 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!			Fool friends and family with these delicious Black Bean Dark Chocolate Brownies! 1	2
NATIONAL PUBLIC HEALTH WEEK	It's National Chocolate Mousse Day! Have you ever tried making chocolate mousse with beans? It's delicious. 3	National Tell a Lie Day Why not tell someone you DON'T like beans? 4	5	National Walking Day Celebrate movement and how it makes you feel! 6	It's National Beer Day! What goes better with beer than Crunchy Garbanzo Beans? 7	Today is National Empanada Day! Enjoy yours with your favorite canned bean variety. YUM. 8	9
	National Siblings Day Why not cook your sibling a delicious dish with beans? 10	Start the week off right with this delicious Best Black Bean Salad. Ready in just 15 minutes! 11	12	National Make Lunch Count Day Make YOUR lunch count with these Stuffed Greek Chicken Wraps 13	14	It's Tax Day At pennies per serving, canned beans are the perfect "value" food! 15	It's National Bean Counter Day They mean canned beans, right? 16
	Easter Sunday Jelly Beans count, right? 17	Make the most of that tax refund! Did you know that at less than half the price per pound for chicken and approximately 20% the cost per pound for beef, canned beans help stretch the family food budget? 18	Today is National Garlic Day! Enjoy garlic in the best way—with beans, in this delicious hummus!	National Lima Bean Respect Day Show some respect for these delicious legumes, also called Butter Beans. 20	National High Five Day Give it up for your favorite bean recipe! 21	Celebrating Earth Day, and reflecting on beans as one of the most sustainable crops on earth. 22	It's National Picnic Day! Pack up your favorite bean salad recipe and share with loved ones in the park, or in your backyard. 23
	24	25	26	National Administrative Professionals Day Buy your favorite administrator some flowers. And canned beans. 27	National Super Hero Day! Packed with protein, beans are the super food for super heroes! 28	29	30

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May 2022



NATIONAL MEDITERRANEAN DIET MONTH



NATIONAL HAMBURGER MONTH



NATIONAL SALAD MONTH



NATIONAL SALSA MONTH



NATIONAL BARBEQUE MONTH

SUN	MON	TUES	WED	THURS	FRI	SAT
Teacher Appreciation Week Let your educators know how much they are loved. Perhaps they'd like something delicious made with canned beans? 1	 Meatless Monday Eat more plants with canned beans! 2	 Taco Tuesday Fill your tacos with beans, or top with bean salsa! 3	May the Fourth Be with You today. Celebrate with beans—they are out of this world. 4	It's Cinco de Mayo! Serve up this cultural favorite in under 15 minutes! Beef 'N Bean Taco Skillet 5	International No Diet Day But the good news is that canned beans help you stay full longer and help with weight management! 6	7
Mother's Day A great day to whip up some Chicken Cassoulet! 8	9	10	Today is National Eat What you Want Day. You want canned beans, obviously. 11	National Limerick Day We know a good one... Beans, Beans, they're good for your heart... 12	Hummus Day Simply blend chick peas, tahini, garlic and lemon and let the celebration begin! 13	14
15	National Barbeque Day What's the best dish to bring to a BBQ? Anything with beans. 16	National Pack Rat Day Why not stock up on canned beans? 17	National No Dirty Dishes Day Did you know that you can eat canned beans straight from the can? 18	National Devil's Food Cake Day Um...how about the delicious and healthy Sweet Garbanzo Bean Cake! 19	20	National Talk Like Yoda Day Eat Beans, I will. Delicious, they are. 21
It's Buy a Musical Instrument Day Did you know that beans are the musical fruit? So why not buy some canned beans? 22	23	24	It's National Wine Day! Fire up a cheese and bean quesadilla and open your favorite bottle of grapes to celebrate with family and friends! 25	26	27	28
29	Happy Memorial Day! It's the unofficial start of Summer! Celebrate with a delicious bean salad! 30	It's National Smile Day! You know what will really make you smile? CANNED BEANS. 31				

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June 2022



PROFESSIONAL WELLNESS MONTH



NATIONAL SOUL FOOD MONTH



GREAT OUTDOORS MONTH



NATIONAL MEN'S HEALTH 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!	Flip a Coin Day Heads it's kidney beans and tails it's pinto beans! 1	2	National Repeat Day Buy Canned Beans, Eat Canned Beans, Repeat. 3	Shopping Cart Day Today, fill yours with canned beans—taste, nutrition and versatility! 4
	5	National Veggie Burger Day The best kind? With canned beans. 6	7	National Best Friends Day Treat your best friend to something delicious with beans, like these Nacho Average Nachos. 8	9	Celebrate National Herbs and Spices Day by adding your favorites to canned beans. 10	11
	National Peanut Butter Cookie Day How about indulging in some delicious Chocolate Chip Peanut Butter Dome Cookies 12	National Kitchen Klutzes of America Day Take it easy. Cook with, don't spill, the beans. 13	14	15	16	National Eat Your Vegetables Day Do you know the USDA calls beans a protein and a vegetable? The power-packed bean doing double duty! 17	No need to panic on International Panic Day We've got you covered with easy and delicious canned bean recipes. 18
NATIONAL MEN'S HEALTH WEEK	Father's Day! Celebrate pop while slow-cooking up some Slow-Simmered Beef and Onions! 19	20	The First Day of Summer! Dust off the grill and celebrate with some Grilled Potato and Cannellini Bean Salad! 21	22	23	24	25
	26	27	28	National Waffle Iron Day Use yours to make these Cannellini Bean Waffles! 29	Social Media Day Take a selfie with your favorite bean dish! 30		

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