

Canned beans are always in season!

EDITORIAL CALENDAR



Canned
Beans

OPEN THE POSSIBILITIES

July 2022



NATIONAL GRILLING MONTH

With so many options and endless ways to prepare, beans are the perfect addition to the backyard barbeque!



NATIONAL BAKED BEANS MONTH

Brown Sugar, Boston, Vegetarian, Low Sugar, with so many varieties of Baked Beans you can enjoy them all month long!



NATIONAL HOT DOG MONTH

Hot Dogs and Beans? Why of course... what else!



NATIONAL PICNIC MONTH

Potato salad, coleslaw and other mayonnaise-based salads are a health and food safety nightmare. Bean salads are easy to make, can be tossed with a healthy vinaigrette, and are less likely to spoil. Learn more about the health BEAN-efits at cannedbeans.org/

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!			1	2
National Eat Your Beans Day Celebrate by singing The Bean Song with Josh Grobin.	Independence Day! Try a new canned bean recipe your holiday guests will love!	National Workaholics Day With beans, you really don't have to work too hard to get a good nutrition punch!		World Chocolate Day Celebrate World Chocolate day with Black Bean Dark Chocolate Brownies!	8	9
3	4	5	6	7		
	National Cheer Up the Lonely Day Two are always better than one. Visit a lonely friend today! Maybe bring her some beans!	National Simplicity Day Nothing is more simple than a can of beans. Delicious. Nutritious. Versatile.	National Beans 'N Franks Day A frank goes great with any kind of bean!	National Nude Day Eat your canned beans naked—right out of the can!	15	16
10	11	12	13	14		
World Emoji Day Is there a bean emoji??		Is the heat of summer dragging you down? Mix things up with this light and refreshing Cucumber and Chick Pea Salad with Citrus.	National Hot Dog Day What goes better with hot dogs than beans!	National Junk Food Day Nothing junky about beans, so no need to celebrate.	22	23
17	18	19	20	21		
24	National Avocado Day Try delicious Black Bean Guacamole and celebrate beans AND avocados!	National Bagelfest Day Swap out butter for some mashed black beans and top your bagel with a protein punch!		National Chili Dog Day Top your dog with your favorite bean chili.	29	30
31	25	26	27	28		

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August 2022



BACK TO SCHOOL MONTH



NATIONAL WELLNESS MONTH

From heart health, to weight management, treat yourself to the healthy living BEAN-efits!



NATIONAL SANDWICH MONTH

Homemade hummus is easy to make and a healthy alternative to mayonnaise. Or, make hummus the star and pair with shredded lettuce, crispy cucumber slices and vine-ripened tomatoes for a vegetarian sandwich or wrap.



CHILDREN'S EYE HEALTH AND SAFETY MONTH

Did you know kidney beans and black beans are good sources of bioflavonoids and zinc, which can help protect the retina and helps to protect the eyes from damage from light.

SUN	MON	TUES	WED	THURS	FRI	SAT
	 Meatless Monday Eat more plants with canned beans! 1	 Taco Tuesday Fill your tacos with beans, or top with bean salsa! 2	3	National Chocolate Chip Cookie Day! Try these  Chocolate Fudge Cookies for a delicious twist on a familiar favorite! 4 	5	6
National Friendship Day Treat your friends to a delicious meal made with canned beans. 7	National Happiness Happens Day Beans make happiness happen! 8	 9	10	 11	12	13
14	 15	National Tell a Joke Day What made the black bean turn red? It saw the salad dressing. 16	National Massachusetts Day Celebrate Bean Town! 17	National Fajita Day! Enjoy with  Black Bean Salsa with Pineapple. 18	National Potato Day Tired of the same old spud? Try topping them with canned black beans, red onion and taco seasoning for a greater tater! 19	20
21	Never Bean Better Day Eat some beans—and you'll definitely feel better. 22	 23	24	25	26	National Just Because Day Best reason to eat beans. 27
 28	Back to School means time is tight! Throw together this quick  Easy Chicken and Black Bean Burritos. Big on taste, small on time! 29	 30	Eat Outside Day + National Trail Mix Day   Southwestern Bean Salad is the perfect outdoor dish. Great energy-packed pick me up pre-bike or mid-hike! 31			

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 cannedbeans.org

September 2022



HISPANIC HERITAGE MONTH

Beans play an important part in the Hispanic culture.



FAMILY MEALS MONTH

Add beans to your family meals to bring taste, nutrition, texture and variety to every dish!



NATIONAL FRUITS AND VEGGIES MONTH

Did you know that canned beans count as a protein and a vegetable serving?



HEALTHY AGING MONTH

Canned beans are great for all, in particular the aging who often don't get enough protein!



BETTER BREAKFAST MONTH

Change up your toast topper! Top your toast with **Traditional Hummus** for a protein and fiber boost!



WHOLE GRAINS MONTH

Combining beans with whole grains is a perfect meal!

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!		1	National Food Bank Day A great opportunity to gift canned beans to your local food pantry!	National Tailgating Day Ditch the chips and whip up some Crunchy Garbanzo Beans!
	Labor Day Labor Day...the third most popular BBQing day of the year. What bean dish will you be serving up?			National Ampersand Day Beans & _____ (You fill in the blank!)		
4	5	6	7	8	9	10
National Grandparents Day Rich in protein and fiber, canned beans are quick, delicious and nutritious!		National Celiac Awareness Day Canned beans are the perfect option for the gluten-sensitive! Try Pinto Bean Pie for an indulgent, gluten-free treat!			National Working Parents Day Take it easy and whip up some Slow Cooker Pork and Pinto Bean Enchiladas!	Gymnastics Day You'll flip over the great tasting recipes on cannedbeans.org !
11	12	13	14	15	16	17
	National Talk Like A Pirate Day ARGH! Get ye some beans!	National Queso Day Spice up your queso dip with some black beans and jalapenos.				
18	19	20	21	22	23	24
National Cooking Day Need some delicious bean recipes to inspire you?	Better Breakfast Day Try topping your toast with some black bean hummus!		National Women's Health and Fitness Day A great day to share bean recipes—chock full with protein and fiber!			
25	26	27	28	29	30	

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