

# Canned beans are always in season!



**Canned  
Beans**  
OPEN THE POSSIBILITIES

JAN-MAR 2023 EDITORIAL CALENDAR

# January 2023



## NATIONAL SUNDAY SUPPER MONTH

is a great time to enjoy Family Meals with your favorite people and foods, including canned beans.



## NATIONAL SOUP MONTH

Canned beans are an easy, delicious addition to homemade soups and a great way to add flavor, texture and nutrients!



## SLOW COOKER MONTH

is the perfect time for the family to enjoy **Slow-Simmered Beef, Beans and Onions.**

Just brown the beef, toss the ingredients together, and hours later enjoy!

SUN	MON	TUES	WED	THURS	FRI	SAT
<b>New Years Day!</b> Resolve to EAT MORE CANNED BEANS! <b>1</b>	<b>Striving for Meatless Mondays this year?</b> Visit <a href="https://cannedbeans.org">cannedbeans.org</a> for recipes, usage suggestions and inspiration! <b>2</b>	 <b>Taco Tuesday</b> your favorite canned beans on a taco! <b>3</b>	<b>National Trivia Day</b> Rinsing canned beans reduced the sodium by 41%! <b>4</b>	<b>National Whipped Cream Day</b> You know what's really good under whipped cream? Sweet Garbanzo Bean Cake. <b>5</b>	<b>Bean Day!</b> Celebrate big by whipping up some <b>Three Bean Confetti Salsa.</b> <b>6</b>	 <b>7</b>
<b>National Sunday Supper Day!</b> Enjoy your favorite bean dishes with your favorite people. <b>8</b>	 <b>9</b>	 <b>10</b>	<b>It's National Step in a Puddle and Splash your Friends Day.</b> No specific bean tie-in here, but still a pretty cool day. <b>11</b>	<b>It's National Kiss a Ginger Day!</b> Kiss your favorite Ginger and feed them their favorite bean dish. <b>12</b>	<b>National Blame Someone Else Day</b> You don't need to blame someone else... did you know that the more often you eat beans, the less you toot? <b>13</b>	<b>14</b>
<b>It's National Healthy Weight Week</b> Canned beans, a naturally rich source of dietary fiber, help promote digestive health and support weight management and weight loss. <b>15</b>	<b>It's National Nothing Day!</b> You know what tastes better than beans? NOTHING! <b>16</b>	 <b>17</b>	<b>Today is National Thesaurus Day</b> Another word for canned beans? Delicious! Need another? Versatile. One more? Convenient! <b>18</b>	<b>Get to Know Your Customers Day</b> Ask them about their favorite dishes—and help them add beans! <b>19</b>	<b>National Cheese Lovers' Day</b> Did you know that rinsed, drained chickpeas are a great tasting addition to a cheese board? <b>20</b>	<b>21</b>
 <b>22</b>	<b>National Pie Day</b> Enjoy a savory <b>Pinto Bean Pie!</b> <b>23</b>	<b>National Compliment Day</b> Tell someone how much you love their <b>Brownie Truffle Bites.</b> <b>24</b>	<b>25</b>	<b>National Spouses Day</b> Prepare a romantic dinner featuring <b>Grilled Caesar Salad with Aquafaba Dressing &amp; Parmesan Chickpea "Croutons".</b> <b>26</b>	 <b>27</b>	An award-winning recipe created by Lorelle Del Matto, MS, RDN, CD <b>28</b>
<b>It's National Corn Chip Day</b> They go great with your favorite chili with lots of varieties of canned beans! <b>29</b>	 <b>30</b>	 <b>31</b>				

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[cannedbeans.org](https://cannedbeans.org)



# February 2023



## NATIONAL HEART HEALTH MONTH

*Beans, Beans, they're good for your heart... and they really ARE!!* The **American Heart Association** says, "Eating beans as part of a heart healthy diet and lifestyle may help improve your blood cholesterol, a leading cause of heart disease."



## NATIONAL CANCER PREVENTION MONTH

The **American Cancer Society** recommends, "Let vegetables, beans, and other grain foods like whole wheat pasta and brown rice be your main dishes."



## CANNED FOOD MONTH

According to the Can Manufacturers Institute, 100% of food cans sampled did not contain BPA as a component of the lining.



## NATIONAL SNACK FOOD MONTH

Satisfy your snack attack with some **Grilled Potato and Cannellini Bean Salad** in a bowl for a hearty yet nutritious snack!

SUN	MON	TUES	WED	THURS	FRI	SAT
	<b>Meatless Monday</b> Eat more plants with canned beans!	<b>Taco Tuesday</b> your favorite canned beans on a taco!	<b>Change Your Password Day</b> Shhhh.....we won't tell anyone it's Beans, everybody's favorite. 1	<b>Ground Hog Day!</b> Will there be 6 more weeks of Winter? That's OK because you have cozy meals with canned beans to keep you warm. 2	<b>National Wear Red Day</b> Wear Red for Women's Heart Health. Beans—with their protein and fiber content, are good for your heart. 3	<b>National Homemade Soup Day</b> Add your favorite canned beans to add some heartiness with protein and fiber. 4
5	6	7	<b>Craving pasta but not the calories?</b> Try this delicious one-pot <b>Chicken Cassoulet</b> to nourish your body and warm your soul! 8	<b>National Pizza Day</b> Canned beans make the perfect pizza topper, adding protein, great taste, and unique textures! 9	<b>World Pulses Day</b> For each gram of protein, the average global water footprint of beans is 34% that of pork and 17% that of beef. 10	<b>National Inventor's Day!</b> Check out this award-winning <b>Bean and Beef Onion Smash Burger with Jalapeño Popper Sauce</b> 11
<b>Superbowl Sunday</b> Kick off the day with some <b>Crunchy Garbanzo Beans</b> and delicious <b>Nacho Average Nachos!</b> 12	<b>This Valentine's Day</b> show your besties how much you love them. Nothing shows true friendship like a healthy dinner made with beans. 13	<b>Happy Valentine's Day!</b> Make these <b>Chocolate Chip Peanut Butter Dome Cookies</b> for your sweetie. 14	15		<b>National Caregivers Day</b> <b>No One Eats Alone Day</b> Share your favorite canned beans dish with a friend. 17	18
	19	<b>Mardi Gras</b> is the perfect opportunity to serve up some delicious <b>Dirty Rice &amp; Beans</b> and add a Cajun flair to your Mardi Gras meal! 21	<b>National Margarita Day</b> Enjoy a frosty margarita with some delicious <b>Red Bean Dip</b> for a tasty mid-week treat! 22	<b>National Chili Day</b> When it comes to beans and chili, there are no rules! Spice up your traditional chili with kidney, black, pinto, or cannellini beans! 23	<b>National Tortilla Chip Day</b> What's better with tortilla chips than <b>Black Bean Salsa with Pineapple?</b> 24	Recipe created by Jessica Bachman, PhD, RD 25
	26	28				

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# March 2023



## NATIONAL NUTRITION MONTH

The USDA considers beans a vegetable AND a protein. How nutritious is *that*?



## NATIONAL SCHOOL BREAKFAST WEEK

Spread on toast or folded into an egg burrito, canned beans are a great way to start the day!



## NATIONAL AGRICULTURE WEEK

Did you know that beans are *good* for the earth? Beans nourish the soil so that it requires less commercial fertilizer for optimal growth and positively impact the nitrogen levels for subsequent crops.

SUN	MON	TUES	WED	THURS	FRI	SAT
	 <b>Meatless Monday</b> Eat more plants with canned beans!	 <b>Taco Tuesday</b> your favorite canned beans on a taco!		<b>National Old Stuff Day</b> Beans have been around for centuries, but canned beans make it easy and delicious to eat them every day!	<b>National Simplify Your Life Day</b> Um...can you say canned beans?	
			1	2	3	4
 5	<b>National White Chocolate Cheesecake Day</b> How about some <b>Banana White Chocolate Pudding</b> to celebrate?	 7	<b>National Registered Dietitian Nutritionist Day</b> 93% of RDNs agree that beans are a healthy, nutrition -rich food.	<b>National Meatball Day</b> Replace half the meat with black beans to reduce the saturated fat and add fiber!	<b>National Pack Your Lunch Day</b> Need some ideas? Check out our delicious bean recipes at <a href="https://cannedbeans.org">cannedbeans.org</a> .	
			8	9	10	11
<b>Daylight Savings Time Begins</b> Longer days don't mean you need to spend more time in the kitchen! Whip up some <b>Easy Chicken and Black Bean Burritos</b> .	 13	<b>National PI Day</b> <b>Pinto Bean Pie</b> anyone?	 15	<b>Everything You Do is Right Day</b> That is, of course, only if you eat beans every day.	<b>St. Patrick's Day</b> Include some traditional Irish breakfast favorites to start your day including black and white pudding, eggs, bacon, sausage and baked beans!	
				16	17	18
<b>Poultry Day</b> Spread your wings and prepare some <b>Creamy Tuscan Chicken and Mushrooms!</b>	<b>First Day of Spring!</b> Put some spring in your step with this <b>Creamy Cannellini Macaroni Bake!</b>	 21		<b>National Chip and Dip Day</b> Packed with flavor and protein, <b>hummus</b> is a dip with global allure!	 24	
			22	23		25
 26	 27	<b>National American Diabetes Association Day</b> With protein and fiber, beans are an excellent plant-based option.				
			28	29	30	

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