



Can-prehensive Communications Calendar



The Can-prehensive Communications Calendar provides monthly themes, ingredient ideas, recipes and sample social media posts to help you inform and inspire families to cook with confidence and make healthy, homemade meals a reality, more often. Visit [Why Cans Matter](#) on CanCentral.com, as well as the Cans Get You Cooking Facebook, Twitter and Pinterest pages for more information including research and educational materials.

January				
Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> • New Year • National Soup Month • National Bean Day 	<ul style="list-style-type: none"> • Canned soups and stews • Canned beans (kidney, navy, black, pinto, garbanzo, cannellini) 	<ul style="list-style-type: none"> • White Chicken Chili • Beef & Vegetable Soup • Hearty Chickpea Vegetable Soup 	<p>Trying to eat healthier in the new year? Don't forget about canned fruits, veggies and protein – yummy & nutritious! #CansGetYouCooking</p> <p>January is National Soup Month! What's your favorite canned soup to warm up to in the winter? #CansGetYouCooking</p> <p>Warm up with simple homemade soup: mix frozen veggies, tortellini and beans with a can of chicken or beef broth, heat and serve!</p> <p>Canning helps make fiber in certain vegetables, like beans, more soluble, and therefore more useful to the human body. #CansGetYouCooking</p>	<p>Canned foods can be a hallmark of a healthy diet.</p> <p>People who frequently eat canned foods may have healthier diets than people who don't.</p> <p>In fact, an analysis of NPD data shows that adults and children who are heavy canned food uses (6+ canned food items over two weeks) were more likely to meet or exceed their recommended daily allowance for 17 essential nutrients than those who were light users (ate 1-2 canned food items).</p>



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February				
Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> • National Canned Food Month • American Heart Month • The Big Game • Mardi Gras 	<ul style="list-style-type: none"> • Canned tuna or salmon (packed in water) • Lower-sodium canned vegetables and beans 	<ul style="list-style-type: none"> • Grilled Salmon Burgers with Corn and Tomato Salad • Mexican Fiesta Tip • Jambalaya 	<p>Diets incl. beans may reduce risk of heart disease and certain cancers. Stock your pantry w/ canned black beans, pintos, kidney beans, etc.</p> <p>Fish, incl. canned light tuna and salmon, is a good source of omega-3 fatty acids for heart/brain health. #CansGetYouCooking</p> <p>Cans seal in nutrition, freshness and flavor, naturally. Check out facebook.com/CansGetYouCooking for recipes, tips & news about cans and canned food.</p> <p>February is American Heart Month! Try canned foods for an easy solution to healthier eating in today's fast-paced world. Learn more at www.facebook.com/CansGetYouCooking and www.pinterest.com/CansGetUCooking</p> <p>Making a Super spread this Sunday? Try this hummus recipe – it's nutritious and delicious! http://bit.ly/1BhJlls</p> <p>More than 1,500 food items come in cans. This provides u with limitless options in creating nutritious + flavorful family meals #CansGetYouCooking</p>	<p>Canned foods mean less prep and year-round availability, making healthy, homemade meals a reality, more often.</p> <p>A well-stocked pantry – your “cantry” – helps you get through the week with creative meals you can feel good about serving your family and friends.</p>



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March				
Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> • National Nutrition Month • Salt Awareness Week • Purim 	<ul style="list-style-type: none"> • Lower-sodium canned beans/vegetables • Lower-sodium canned soups and stocks • Canned apricot (for Hamentashen) • Canned fruits in 100% juice or water 	<ul style="list-style-type: none"> • Artichoke & Bean Salad with Tuna • Tacos with Peach Salsa • Fruited Dessert Pizza 	<p>An analysis from Michigan State University looked at the body of research and found that canned fruits and vegetables are nutritionally comparable with fresh and frozen – and in some cases even better. bit.ly/XAAc9E</p> <p>Only 24% of adults are getting enough fruits and 13% eat their veggies. Canned, frozen or fresh all count – so eat up! #CansGetYouCooking</p> <p>Canned fruits and vegetables are a nutritious option because canning keeps food fresh and flavorful, naturally.</p> <p>With 23.5 million ppl living in food deserts, canned fruits + veggies r a great option that delivers nutrition on par with fresh and frozen.</p> <p>Canned fish is a great way to fill ¼ of the plate with protein. For ideas, see USDA's My Plate: http://www.choosemyplate.gov/food-groups/protein-foods.html#</p>	<p>Canned produce is on par nutritionally with fresh and frozen varieties, and in some cases even better.</p> <p>Studies conducted by researchers at Michigan State University, UC Davis and Oregon State University all concluded that canned foods have similar (or better) nutritional profiles as their fresh or frozen counterparts.</p> <p>A variety of canned foods, including vegetables, soups and fish, are available in low sodium and no-salt-added options. Plus by draining and rinsing canned foods with water, people can reduce the sodium by 36 to 41 percent, according to recent research.</p>



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April				
Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> • National Public Health Week • Passover • Easter • Earth Day 	<ul style="list-style-type: none"> • Canned chicken/vegetable broth (for matzo ball soup) • Canned artichoke • Canned corn • Canned peas • Canned yams (for Easter) 	<ul style="list-style-type: none"> • Pea and Corn Risotto • Artichoke-Spinach Tart 	<p>Celebrate Earth Day by choosing canned foods! They're the most recycled package in America today!</p> <p>Cans help waste less food, saving us time and money, and reducing our impact on the environment. Learn more here: http://bit.ly/1uq82hh</p> <p>Americans waste ~15-20% of fresh fruits & veggies every year. Cut waste & spoilage by eating canned fruits, veggies and more!</p> <p>Check out this delicious, veggie rich meal that ur fam will love. http://bit.ly/1yKa5U2 Use it tonight or for Easter! #CansGetYouCooking</p>	<p>Cans help waste less food, saving us time and money, and reducing our impact on the environment.</p> <p>Americans throw away approximately 15 to 20 percent of the fresh fruits and vegetables they purchase every year.</p> <p>Metal cans are endlessly recyclable and, in fact, are the most recycled containers in America today, keeping metal out of landfills and saving significant energy.</p> <p>Steel food cans have a recycling rate that is more than 2.5 times higher than that of most other packaging options.</p>



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May

Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> National Barbeque Month National Salad Month National Women's Health Week Mother's Day Memorial Day 	<ul style="list-style-type: none"> Canned chilis Canned corn Canned green beans Canned tuna or chicken Canned tomatoes 	<ul style="list-style-type: none"> Watermelon, Corn and Feta Salad Quinoa Chicken-Vegetable Salad Stuffed Chile Cheeseburger with Warm-Tomato Relish 	<p>Try this spicy twist on an American classic tonight! It's a stuffed chili cheeseburger with a lycopene-rich canned tomato relish! http://bit.ly/1LdmfKy</p> <p>Check out this quinoa salad for National Salad Month! It's nutritious and easy to make! http://bit.ly/18mKdE4 #CansGetYouCooking</p>	<p>Canned food portion sizes are just right for both individuals and families, and most recipes are designed around these sizes.</p>

June

Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> Start of Grilling Season Fresh Fruit and Vegetable Month Men's Health Week Father's Day National Turkey Lovers' Month 	<ul style="list-style-type: none"> Canned tomatoes/tomato paste Canned beans Canned corn Canned peaches 	<ul style="list-style-type: none"> Grilled Flank Steak with Black Beans, Corn and Tomatoes Bouillabaisse Peaches & Cream Cheesecake Bars 	<p>Eating more fruits + vegetables, whether canned, frozen or fresh, is an important part of a healthy diet, according to the USDA's Dietary Guidelines for Americans.</p> <p>A diet high in lycopene is important for men's health. Cooking with canned tomatoes is a great way to get more of it into your diet.</p> <p>An MSU analysis concluded that canned fruits + vegetables were in many cases just as nutritious as fresh + frozen. bit.ly/XAAc9E</p>	<p>When foods go through the canning process, nutrients are locked in so the amount of vitamins and nutrients in the food is the same on the day it was canned as it is a year from the canning date.</p> <p>For instance, the amount of vitamin B in a can of tomatoes is the same on the day it was canned as it is a year from the canning date.</p>



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July

Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> • Fourth of July • Baked Bean Month • Family Week 	<ul style="list-style-type: none"> • Canned apples, blueberries or cherries (for pie filling) • Canned beans/ baked beans 	<ul style="list-style-type: none"> • Bean Butt Chicken • BBQ Bean & Macaroni Salad 	<p>Celebrate the Fourth of July – and make grilled chicken and baked beans! Tasty, AND a good source of protein and fiber! http://bit.ly/1wyw6zz</p> <p>July is National Baked Bean Month! Try this fiber-packed BBQ baked bean and macaroni salad recipe http://bit.ly/1tiMsBy</p>	<p>Canning helps make fiber in certain vegetables, like beans, more soluble and therefore more useful to the human body.</p>

August

Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> • Back to School • Family Meals Month 	<ul style="list-style-type: none"> • Canned tuna and chicken • Canned pineapple • Canned chilies 	<ul style="list-style-type: none"> • Pineapple Chicken Salad with Pecans • Tuna Sliders with Green Chilies 	<p>Canning seals in food's natural goodness and nutrition so it's there for you any time! #CansGetYouCooking</p> <p>Don't forget to add canned tuna to shopping list! Great source of vitamin D, which helps promote strong bones. Try this tuna slider: http://bit.ly/1uVpKR1</p>	<p>Cans seal in nutrition, freshness and flavor, naturally.</p> <p>Like the home canning process, canning seals in food's natural goodness and nutrition so it's there for you any time.</p>



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September

Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none">• Fruit and Veggies – More Matters Month• Childhood Obesity Awareness Month• Labor Day• Eat Dinner Together Week• Family Health & Fitness Day• National Chicken Month• Food Safety Month	<ul style="list-style-type: none">• Canned fruits• Canned vegetables and beans• Canned meal starters such as enchilada sauce or sloppy joe sauce• Canned chicken	<ul style="list-style-type: none">• Chicken Pozole• Sloppy Josés• Eggplant Cacciatore	<p>Canned fruits + vegetables don't spoil so families can stretch their grocery budgets by choosing them over fresh. #CansGetYouCooking</p> <p>Canned fruits and vegetables are recommended by public health organizations and are included in government nutrition programs including Let's Move, the U.S. Thrifty Food Plan, American Heart Association, and the National Heart, Lung and Blood Institute's DASH diet.</p> <p>The CDC says at least 128,000 ppl are hospitalized every year w/ foodborne illnesses. Cans protect your family by sealing out harmful bacteria.</p>	<p>A Michigan State University analysis found that, in general, canned vegetables can be as low as 50 percent of the costs of frozen alternatives and as low as 20 percent of the cost of fresh with virtually no sacrifices in nutritional quality.</p> <p>More than three-quarters (77%) of registered dietitians agree that canned fruits and vegetables can be a better value than fresh because they maintain their nutritional content and are easy to store until needed.</p> <p>Fresh fruits and vegetables are harvested at their peak of ripeness and canned within hours, making the can one of the best ways to lock in nutrients and get food from its source to your family table.</p> <p>The high-heat canning process is one of the safest processes for preserving food because it prevents the growth of microorganisms that cause foodborne illnesses.</p>



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October				
Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none"> • Child Health Month • Family Health Month • School Lunch Week • Health Education Week • National Seafood Month 	<ul style="list-style-type: none"> • Canned peaches • Canned artichoke • Canned mushrooms • Canned carrots • Canned tuna or salmon (packed in water) 	<ul style="list-style-type: none"> • Peach Muesli with Berries • Greek Pizza • Vegetable Lasagna 	<p>Moms agree! Canned fruit + veggies make it easier to get kids to eat fruits and veggies each day, especially picky eaters #CansGetYouCooking</p> <p>Fiber, a nutrient most people need more of, becomes more soluble during the canning process and thus better absorbed/digested. Fiber-rich foods are great for health and can be found in beans, veggies and most plant foods.</p> <p>School Lunch Week Tip: Use canned fruit in your kids lunch b/c the fruit won't get mushy!</p>	<p>Canned foods mean less prep and year-round availability, making healthy, homemade meals a reality, more often.</p> <p>A study on peaches found that the nutritional content of canned peaches is comparable to fresh peaches, even when those peaches have been stored for three months.</p> <p>Canned fruit and vegetables already play an important role in helping the majority of moms, (76%) get fruit and vegetables on the table and into their kids' diet.</p>



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November

Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none">• Thanksgiving	<ul style="list-style-type: none">• Canned cranberries/ cranberry sauce• Canned gravy• Canned condensed cream soup and canned green beans (ingredients in Green Bean Casserole)• Canned creamed corn• Canned pumpkin• Canned apples (for pie filling)	<ul style="list-style-type: none">• Beet and White Bean Salad• Golden Rice Pilaf• Sweet Corn Dessert Pudding	<p>Don't spend all your time in the kitchen on Thanksgiving - use one of these recipes to create a nutritious + flavorful meal! http://bit.ly/1JSXQq0</p> <p>DYK that the canned foods you buy in the store today are good for up to one year and sometimes longer? Stock your cantry today and get cooking tomorrow!</p>	<p>Cans seal in nutrition, freshness and flavor, naturally.</p> <p>It's important to remember that "best by" or "use by" dates have nothing to do with food safety, but rather food quality and when a product may pass its peak of taste.</p>



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December

Themes	Ingredient Ideas	Recipes	Sample Tweets/Posts	Talking Points
<ul style="list-style-type: none">• Hanukkah• Christmas	<ul style="list-style-type: none">• Canned chicken/vegetable broth• Canned potatoes (for latkes)• Canned corn and chilis• Canned cranberries/cranberry sauce• Canned gravy	<ul style="list-style-type: none">• Crust-Less Quiche• Chicken Pozole	<p>When creating your holiday shopping list, don't forget that canned foods including veggies + soups come in sodium-free + low-sodium options.</p> <p>Looking to spice up your holidays with new recipes, check out http://bit.ly/1JSXQq0 for ideas that are easy, nutritious and most importantly, delicious.</p> <p>Feel confident abt ur holiday meal by relying on cans; the canning process seals in nutrition, freshness + flavor so that food is just as good as the day it went in.</p>	<p>A variety of canned foods, including vegetables, soups and fish, are available in low sodium and no-salt-added options. Plus by draining and rinsing canned foods with water, people can reduce the sodium by 36 to 41 percent, according to recent research.</p> <p>Like the home canning process, canning seals in food's natural goodness and nutrition so it's there for you any time.'</p>