

# March 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2 Lent Begins - Trident Wild Alaska Pollock Fusion Sliders ...Nutrition Focus	3 National Nutrition Month- Eat Seafood America Post	4 Lent Fish Friday Post- McDonalds Filet-o- Fish- Origin Focus	5
6 National Frozen Food Day- Gorton's Air Fried Eggplant Parmesan Crusted Fish- Wild Caught Focus	7 Happy International Women's Week	8	9 Moji Sushi-Surimi Trident Seafoods Versatility Focus	10 National Pack Your Lunch Day- Surimi Snackers	11 Lent Fish Friday Post- AmSea Seafood Mac n Cheese... Sustainability Focus	12
13	14 Educational Influencer Content- Rachel Mansfeld Surimi Seafood Versatility and Product Form Focus	15	16 National Frozen Food Month- Highliner Alaska Wild Fish Tacos.. Nutrition Focus	17	18 Lent Fish Friday Post- TBD- Lucky Louie's Fish Sandwich..Origin Focus	19
20 First Day of Spring! Alaska Dutch Picture	21 NFI Air Fryer Recipe Wild-caught Focus	22	23 MSC / GAPP Collab Sustainability/Origin Focus	24	25 Simply Surimi Post	26
27	28 National Noodle Month- AmSea Seafood Spaghetti.. Origin Focus	29	30	31 Schwan's Fish Fingers Post- Wild Caught		

Lent Campaign  
Regular Posts

# April 2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Lent Campaign Fish Fryday Post- Dairy Queen	2
3	4 Lent Campaign Post- Trader Joes Fish Bites.. Nutrition Focus	5	6 Fish Said Fred Feature- Focus on Versatility and Origin	7	8 Educational Lent Post- The People Behind the Fish- Shakey Origin Focus	9
10	11 Last Week of Lent Post- Target Seafood Slaw/Pasta- Nutrition Focus	12	13	14 End of Lent Post- High Liner Recipe Wild Caught Focus	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30