



SNAP-Ed



Roasted Veggies
Find this recipe and more at CelebrateYourPlate.org

October 2019



Produce Spotlight: Bell Peppers

Peak Season: July – September

Ripeness: Look for firm bell peppers with shiny, brightly colored skin

How to clean: Rinse under cold running water

How to prepare: Remove the stem and seeds of bell peppers before preparing

Store: Store them in a plastic bag, unwashed in the crisper drawer of the refrigerator for up to 5 days



Physical Activity Tip

Stretching daily can have many benefits. It helps with circulation and keeps you flexible, which keeps you moving longer and more pain-free.



SNAP-Ed Snapshot

SNAP-Ed Program Assistants Becky, Allison, and Sarah of Clermont County recently visited the YMCA Day Camp and Clermont County Senior Services to sing songs about the importance of fruits and vegetables. Find out more about SNAP-Ed classes close to you at <https://fcs.osu.edu/programs/nutrition/snap-ed>.