



Winter Fruit Salad

Find this recipe and more at CelebrateYourPlate.org

February 2020



Featured Produce: Peaches

Peak season: Summer

Selection: Choose firm peaches with a sweet smell

How to clean: Rinse in cool water, rubbing the skin gently

How to prepare: Peaches can be sliced onto salads, diced into fruit salads or as a snack itself

Storage: Store ripe peaches at room temperature, use within 1-2 days

SNAP-Ed Snapshot

SNAP-Ed Program Assistant Nina from Montgomery County recently made Celebrate Your Plate Tuna Boats with kids at Homefull Family Living Center! Click below to learn more SNAP-Ed programs close to you!



<https://fcs.osu.edu/programs/nutrition/snap-ed>



Keep Fresh Fruit Visible

Keep a bowl of fresh fruit visible in your home. When your family's in the kitchen looking for a snack, they're more likely to choose fruit when it's washed and ready to eat!