



APRIL 2020

SNAP-Ed



Blueberry Muffin in a Mug

Find this recipe and more healthy, low-cost meal ideas at CelebrateYourPlate.org



SNAP-Ed Snapshot

SNAP-Ed staff from Allen County led a series of Cooking Matters classes for adults back in February. Throughout the class, participants had a chance to learn how to cook different healthy recipes! To learn more about SNAP-Ed and find a class near you, click below.

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



Featured Produce: Blueberries

Peak Season: Summer
Selection: Check to make sure berries are not bruised or damaged
How to Prepare: Use in a smoothie, on top of your breakfast, or on its own as a snack
Storage: Refrigerate for 10-14 days



Protein Options on a Budget

Beans, peas, and lentils are great sources of protein and they can be stored for a long period of time and are versatile in many kinds of dishes. The best part is that they are low-cost! Try a meatless recipe this week using one of these substitutes.