



May 2025



Brunch Avocado Toast

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



What's in Season: May

Cabbage

Kale

Spinach

Strawberries



Featured Produce: Avocado

Peak Season: Spring & summer

Selection: Choose firm avocados that slightly give when pressed

How to Prepare: Use as a spread on a sandwich or toast, or add to a salad or dip

Storage: Keep at room temperature or refrigerate for up to two weeks



National Barbecue Month

Whether you are a grill master or prefer to keep it simple in the kitchen, remember to stay safe while cooking meat! If you're looking for a healthy, barbecue flavored dish, check out the BBQ Chicken Salad from Celebrate Your Plate.

CelebrateYourPlate.org

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