



DECEMBER 2020

SNAP-Ed



Beef & Bean Chili Verde

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



What's In Season: December

- Grapefruit
- Brussels sprouts
- Oranges
- Tangerines



Featured Produce:

Bell Peppers

- Peak Season:** Summer and fall
- Selection:** Choose firm, brightly colored peppers with tight skin
- How to Prepare:** Add to a salad, wrap, soup or slice for the perfect side dish
- Storage:** Refrigerate and use within 5 days



Leftovers 101

Be smart with leftover cooking to reduce waste and maximize flavor:

- Wrap freezer items in heavy freezer paper, plastic wrap, freezer bags, or foil
- Use the oldest food first
- Place new items toward the back of the freezer
- Your freezer should be kept at 0°F