



JUNE 2020

SNAP-Ed



Summer Salsa

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



What's In Season: June

- Cherries
- Melons
- Plums
- Watermelon
- Strawberries



Featured Produce: Zucchini

- Peak Season:** Summer
- Selection:** Look for firm zucchinis with shiny skins
- How to Prepare:** Use chopped zucchinis in a vegetable soup, or roasted with your favorite spices
- Storage:** Store in your refrigerator



COVID-19 Resources

We compiled a list of statewide resources from our community partners, including the State Nutrition Action Committee, to provide assistance to our fellow Ohioans. Follow the link below to learn more.

www.celebrateyourplate.org/around-town/covid-19-resources

CelebrateYourPlate.org

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