



SNAP-Ed



**Turkey
Cranberry
Wrap**
Find this recipe
and more at
CelebrateYourPlate.org

March 2019



Produce Spotlight: Spinach

Peak Season: May-October

Ripeness: select spinach that is fresh, young and tender!

How to clean: rinse under cold water.

How to prepare: spinach can be eaten raw in a salad or wrap, it can also be sautéed and placed in any dish!



Partner SNAPshot: EFNEP

The Expanded Food and Nutrition Education Program (EFNEP) is celebrating its 50th anniversary! Ohio EFNEP teaches low-income families with children to prepare nutritious, easy meals, keep food safe and stretch food dollars. EFNEP Youth teaches through local schools and eligible programs and is currently in 19 counties. For more information, contact OSU Extension office.

Kitchen Tip

Fresh cleaning with lemons: clean dirty countertops and cutting boards by putting a dash of salt on them, then scrubbing with a cut lemon!