



SNAP-Ed

Baked Apple for One

Find this recipe and more at

CelebrateYourPlate.org

December 2018



Produce Spotlight: Red Apples

Peak Season: August-November

Ripeness: select firm apples that are free from bruises.

How to clean: rinse under cold water and scrub with a vegetable scrub brush.

Store: place apples in the refrigerator in a plastic bag with holes in it or in the crisper drawer and cover with a damp paper towel.



Partner SNAPshot: Ohio WIC

Receive the gift of a healthy and well fed infant, child, pregnant, breastfeeding or postpartum mom by participating in the WIC Program! Since 1974, WIC has provided nutrition and breastfeeding education, referral to health services, and nutritious foods for eligible, low-income families. See the WIC clinic locations listed in the resource section of Celebrate Your Plate website to make your WIC appointment.



Kitchen Tip: Food Safety Month

While you're cooking this holiday season, remember it is important to clean plates that have touched raw foods. Always put cooked food on a clean, dry plate. It's best to not reuse plates that had raw ingredients on it, especially meat and unwashed vegetables.