



March 2025



Parfait Celery Sticks

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



What's in Season: March

- Chives
- Mushrooms
- Horseradish
- Sprouts

Featured Produce: Celery

Peak Season: Fall

Selection: Pick straight, firm stalks with fresh leaves

How to Prepare: Add chopped celery to soups and salads or pair with a dip

Storage: Store in the crisper drawer in a plastic bag

National School Breakfast Week!

March 3rd-7th is National School Breakfast Week! This week emphasizes students starting their mornings with healthy choices to fuel them for a day of learning. Visit the Celebrate Your Plate recipe page to find quick and tasty breakfast recipes!

CelebrateYourPlate.org

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