



APRIL 2021



## Smoothie Bowl

Find this recipe and more healthy, low-cost meal ideas at [CelebrateYourPlate.org](https://CelebrateYourPlate.org)



### What's in Season: April

Papayas

Bell peppers

Cucumbers

Mango



### Featured Produce: Pineapple

**Peak Season:** Spring and Summer

**Selection:** For fresh pineapples, select ones with dark green leaves and avoid soft or dark spots

**How to Prepare:** Add to smoothies, salsas, fruit salads, or cut into chunks as a snack

**Storage:** Refrigerate cut pineapple for 2-3 days



### April 22 is Earth Day!

Springtime is for getting outside with your family and enjoying the warmer weather! If you need some ideas on how to get active in your backyard or local park, visit the link below for 10 family-friendly outdoor activities.

[https://www.canr.msu.edu/news/10\\_backyard\\_activities\\_to\\_do\\_with\\_children](https://www.canr.msu.edu/news/10_backyard_activities_to_do_with_children)