



NOVEMBER 2021



Rise and Shine Breakfast Burrito

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



What's in Season: November

Beets
Collard Greens
Pears
Swiss Chard



Featured Produce: Blueberries

Peak Season: Summer

Selection: For fresh berries, choose firm, plump, dry blueberries with a dusty blue color

How to Prepare: Use in a smoothie, on top of your breakfast, or on its own as a snack

Storage: Refrigerate for 10-14 days



Kids' Activity Sheets

Celebrate Your Plate now has Kids' Activity Sheets on our website! These sheets include games, arts & crafts, and CYP kid-approved recipes the whole family will love! Find the Kids' Activity Sheets now under the Kids section of CelebrateYourPlate.org.