



OCTOBER 2022



Apple Crunch Yogurt Bowl

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



What's in Season: October

Apples
Carrots
Pumpkins
Turnips



Featured Produce: Apples

Peak Season: Fall

Selection: Pick firm, shiny, smooth skinned apples

How to Prepare: Add apples to a salad, baked goods, or serve sliced

Storage: Store fresh apples for up to three weeks in a refrigerator, preferably in the crisper drawer



National Dessert Month

October is National Dessert Month! No tricks here, find a new sweet treat your whole family will love. Search for healthy, budget-friendly dessert recipes at CelebrateYourPlate.org