



MARCH 2020

SNAP-Ed



## Guacamole

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



### SNAP-Ed Snapshot

Crawford County SNAP-Ed Program Assistant Whitney recently taught Bucyrus Elementary School students about healthy snacking. She demonstrated how to make quick and easy guacamole using resealable bags! To learn more about SNAP-Ed and find a program near you, follow the link below. [www.fcs.osu.edu/programs/nutrition/snap-ed](http://www.fcs.osu.edu/programs/nutrition/snap-ed)



### Featured Produce: Avocados

**Peak Season:** Winter-Summer

**Selection:** Choose firm avocados that slightly give when pressed

**How to Prepare:** Use as a spread on a sandwich or toast, in a salad or dip, or on its own

**Storage:** Leave at room temperature for 2-4 days, refrigerate after



### Budget Tip: Cut Your Own Produce

When at the grocery store, avoid extra costs by skipping pre-cut produce. While the convenience is nice, buying whole fruits and vegetables is often less expensive and they can be stored longer.