



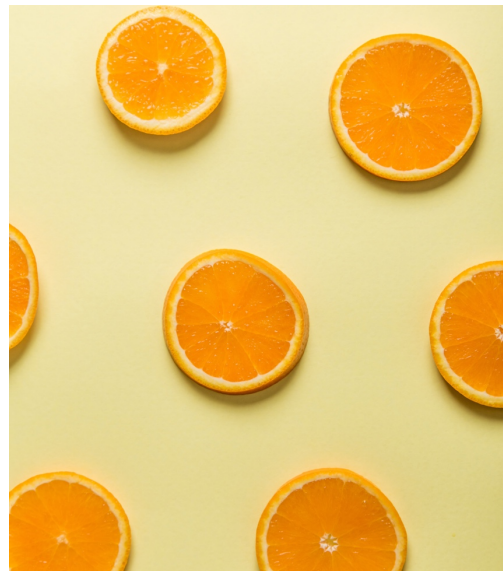
SEPTEMBER 2020

SNAP-Ed



Blueberry Protein Smoothie

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



What's In Season: September **Featured Produce:** Oranges

Cauliflower

Carrots

Pears

Raspberries

Peak Season: Winter

Selection: Choose ones that feel firm with smooth skin

How to Prepare: Add to a smoothie, a salad, or slice oranges for a snack

Storage: Store at room temperature for 1-2 days, then refrigerate

National Chicken Month

Choosing chicken as protein for your meals is a great, lean option. It's low in fat and high in protein. For healthy recipes that use chicken, visit the Celebrate Your Plate recipe page and use the search bar!

CelebrateYourPlate.org

©2020 Ohio SNAP-Ed

