



MAY 2021



Asian Chicken Pita Pocket

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



What's in Season: May

Asparagus

Basil

Berries

Spinach



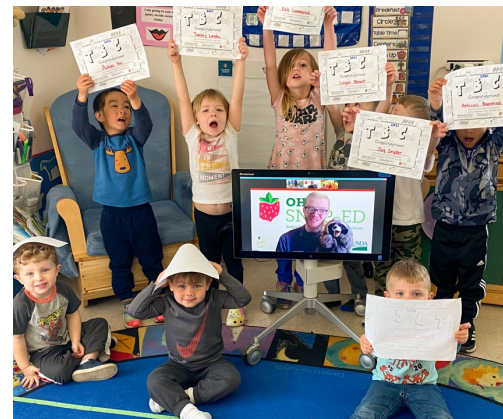
Featured Produce: Grapes

Peak Season: Fall

Selection: Pick plump, firm grapes attached to the stem

How to Prepare: Add to fruit salad, fruit kabobs, or try them in our Asian Chicken Pita Pocket

Storage: Refrigerate grapes for up to a week



SNAP-Ed Snapshot

Program Assistant Tanner from Knox County recently finished a virtual SNAP-Ed series with the children of Gambier Child Care Center. They had a graduation ceremony where the kids received a certificate for joining the Two Bite Club. Click below to learn more about SNAP-Ed programs close to you!

<https://fcs.osu.edu/programs/nutrition/snap-ed>