



MAY 2020

SNAP-Ed



Pasta Salad

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



What's In Season: May

- Asparagus
- Basil
- Berries
- Spinach

Featured Produce: Tomatoes

Peak Season: Summer
Selection: Look for firm tomatoes with bright and shiny skins
How to Prepare: Use chopped tomatoes in a salad, salsa, or chili
Storage: Store at room temperature away from direct sunlight

COVID-19 Resources

Ohio SNAP-Ed and Celebrate Your Plate are here to support you with information on food access, food safety and other resources. Follow the link below to learn more about COVID-19 updates and resources from OSU Extension Family and Consumer Sciences.

www.fcs.osu.edu/news/covid-19-updates-and-resources

CelebrateYourPlate.org

