



OCTOBER 2020

SNAP-Ed



## Zucchini Pumpkin Bread

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



### What's In Season: October    Featured Produce: Pumpkin

- Cranberries
- Pomegranates
- Sweet potatoes
- Pumpkin

**Peak Season:** Fall  
**Selection:** For fresh pumpkins, choose ones that are firm and heavy  
**How to Prepare:** Add cooked, fresh pumpkin or canned pumpkin to baked goods, soups, or dip  
**Storage:** Store fresh pumpkins in a cool, dark place until you cut into them then refrigerate, store canned pumpkin in refrigerator after opening

**Save time, chop more veggies**  
 Next time you have the cutting board out, chop extra vegetables for later! Having vegetables that are ready to eat will make your family more likely to eat them and it makes a great snack.

[CelebrateYourPlate.org](http://CelebrateYourPlate.org)

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