



February 2024



Fluffy Banana Pancakes

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



What's in Season: February

Mushrooms
Horseradish
Sprouts



Featured Produce: Bananas

Peak Season: Year-round

Selection: Pick firm bananas without any bruises

How to Prepare: Add to smoothies, fruit salads, or to baked goods

Storage: Keep unripe bananas at room temperature



Canned Food Month

February is Canned Food Month! Canned foods keep the same nutrients as their fresh counterparts and can often cost less and last longer on your shelf. Find recipes using canned foods on the Celebrate Your Plate recipe page!