



SNAP-Ed

Zucchini Noodles

Find this recipe
and more at
CelebrateYourPlate.org

July 2019



Produce Spotlight: Zucchini

Peak Season: Summer

Ripeness: Zucchini should be firm, relatively thin, a uniform green color, and heavy for their size.

Store: Zucchini can be stored in the refrigerator for up to one week. Don't rinse or cut zucchini until you're ready to use it. Zucchini can be cubed or shredded and frozen in zip-top bags or other airtight containers.

SNAPshot: Richland County

Richland County SNAP-Ed Program

Assistant Teresa recently taught a SNAP-Ed nutrition education series with Community Action for Capable Youth. In this partnership, CACY provided groceries while SNAP-Ed provided the educational programming and food prep for cooking demonstrations. Teresa and her team taught participants how to read nutrition labels and over the course of the series they made numerous recipes including the Celebrate Your Plate Fruit Pizza, Taco Salad, and Yogurt Fruit Pops! Visit your county's OSU Extension web page for more information on SNAP-Ed programming in your area.

