



Chicken and Dumplings

Find this recipe and more at CelebrateYourPlate.org

January 2020



Produce Spotlight: Celery

Peak Season: All seasons

Selection: Choose straight, rigid celery stalks with fresh leaves
Avoid pithy, woody or limp stalks

Storage: Refrigerate celery in a plastic bag for a week or more

Clean: Rinse under cool running water

Store: Refrigerate celery in a plastic bag for a week or more

SNAP-Ed Snapshot

Clermont County SNAP-Ed and Program Assistant Becky recently put together treats for the Empower Youth Winter Wonderland.

Kids received a mug, apple, spices and the Celebrate Your Plate Baked Apple for One recipe! To learn more about SNAP-Ed programs near you, click below.

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



How much water is enough?

Everyone's needs are different, so let your thirst be your guide. Most of us get enough water from the foods we eat

and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

