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SNAP-Ed



Lentil Burgers

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



What's In Season: August Featured Produce: Watermelon

Grapes
Blackberries
Bell Peppers
Jalapeno Peppers



Peak Season: Summer

Selection: Choose ones that feel heavy and sound hollow when tapped

How to Prepare: Cut up into bite-size pieces, eat it off the rind, or add to a fruit salad

Storage: Once cut, store in the refrigerator for 2-3 days



Stay Safe while Cooking

1. Keep your hands and food surfaces clean.
2. Separate foods so that they can't contaminate each other.
3. Cook foods to safe temperatures.
4. Chill foods promptly.

For more information visit:

<https://ag.umass.edu/nutrition/newsletters/nutrition-bites>

CelebrateYourPlate.org

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