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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

- Grapes
- Blackberries
- Bell Peppers
- Jalapeno Peppers

Featured Produce: Watermelon

- 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>

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