



JULY 2020

SNAP-Ed



Nice Cream

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



What's In Season: July

- Corn
- Peaches
- Blueberries
- Zucchini



Featured Produce: Strawberries

- Peak Season:** Summer
- Selection:** Look for shiny, firm strawberries
- How to Prepare:** Add strawberries in a smoothie, chopped into a salad or on top of dessert
- Storage:** Do not wash strawberries until ready to eat, store in refrigerator



Summer Food Service

Even when schools are closed, children who rely on school meals are able to access nutritious food with the USDA Summer Food Service Program. Find a meal site near you by visiting our Around Town section and click Summer Food Service.

CelebrateYourPlate.org

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