



SPRING 2020

# Healthy Lifestyles Newsletter

## *My Plate For My Family*

### **CHOOSE YOUR VEGGIES, EVERYDAY!**

Everyone can enjoy and benefit from eating more vegetables. They are packed full of vitamins and minerals. See how many different ones you can add to your day. Adults and children who require 2,000 calories a day, should eat at least 2 & ½ cups of vegetables each day. Try to include a wide variety of colors of vegetables every day; green, red, orange, yellow, purple and white for good health.

#### **TIPS TO ADD VEGETABLES TO YOUR MEALS AND SNACKS:**

##### **Buy vegetables that can help you save money and time.**

To save time in the kitchen, select frozen or low sodium canned. You will save time by not having to wash, slice or chop. These options can also cost less.

##### **Cutting back on sodium.**

Look for “no salt added” or “reduced sodium” on the label of canned vegetables to cut back on your sodium intake. Rinsing canned vegetables before eating them can also reduce their sodium content. For best flavor, use canned vegetables immediately after opening for best flavor and nutrients.

Select fresh vegetables that are in season or better yet, grow your own. Vegetables and fruit purchased in season usually cost less and you will enjoy their peak flavor. Try growing some vegetables such as squash, snap peas and tomatoes. Your SNAP benefits can be used to purchase seeds, vegetables and fruits.

##### **Be a role model for your children.**

Have celery and carrot sticks, cucumber & pepper slices and snap peas available for your kids to enjoy as a healthy snack. Remember to focus on making half your plate vegetables and fruits. Let your children see you enjoying these healthy snacks daily. Store your pre sliced veggies in air tight containers. For a quick meal, add chickpeas along with sliced carrots and bell peppers to cooked whole wheat pasta. Don't forget to add a bag of frozen vegetables to all of your soups and casseroles.



##### **Use herbs and seasoning to add flavor to your vegetables.**

Fresh herbs are also easy to grow at home. Try adding basil, dill or parsley to your favorite dishes for varied flavor. You may also buy a store brand blend of herbs and spices which will last for some time and cost less than the name brand. Avoid seasonings containing salt.



# What's in Season?

## What's in Season for April? What's in Season for May?



**Peas**

- Artichokes
- Asparagus
- Broccoli Rabe
- Brussels Sprouts
- Celery
- Grapefruit
- Guavas
- Kohlrabi
- Kumquats



**Cherries**

- Limes
- Mandarins
- Mangoes
- Parsnips
- Pineapple
- Rhubarb
- Rutabagas
- Strawberries



**Zucchini**



**Blackberries**

- Apricots
- Artichokes
- Asparagus
- Bell Peppers
- Blueberries
- Brussels Sprouts
- Celery
- Cherries
- Leeks
- Mandarins



**Peaches**



**Pineapple**

- Parsnips
- Peas
- Plums
- Raspberries
- Rhubarb
- Scallions
- Shallots
- Strawberries
- Zucchini

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