

Strawberry



Buy What's In Season

Fresh fruit and vegetables are cheaper when they are in season, so it's the perfect time to include them into your meal plan. During summer months, look for these fruits and vegetables at your local grocery store: strawberries, cherries, melons, bell peppers, green beans, okra, tomatoes and greens. Check out the seasonal produce guide at <https://snaped.fns.usda.gov/seasonal-produce-guide>.



Summer Meals for Kids

Children need healthy food all year long to flourish and achieve their goals. The USDA Summer Food Service Program serves meals to kids 18 years and younger. There are no income requirements or registration. To find a meal site in your community, call **1-866-3-HUNGRY** or text **"Food"** to **877-877**. You can also go online: www.fns.usda.gov/summerfoodrocks.

Fuel your fun

Eat fruits and veggies.



Call 2-1-1 for help with food assistance over the summer.



Fruit Pizza

Serves: 1 muffin with fruit

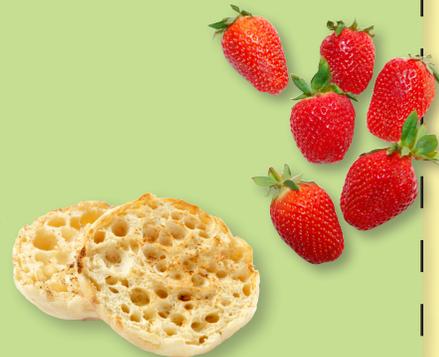
Ingredients

- ◆ 1 English muffin (try whole grain)
- ◆ 2 tablespoons reduced fat or fat-free cream cheese
- ◆ 2 tablespoons sliced strawberries
- ◆ 2 tablespoons blueberries
- ◆ 2 tablespoons crushed pineapple

Directions

- 1 Split open the English muffin and toast the halves until lightly browned.
- 2 Spread cream cheese on both halves.
- 3 Divide the fruit between the two muffin halves and arrange on top of cream cheese.
- 4 These are best when served soon.
- 5 Refrigerate leftovers within 2 hours.

Recipe from <http://foodhero.org>.



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