Cornell Cooperative Extension

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.
SOUTHERN FINGER LAKES REGION

May Resources

A collection of recipes, tip sheets, activities, and a calendar highlighting May's celebrations.



For more information and recipes, visit snapedny.org



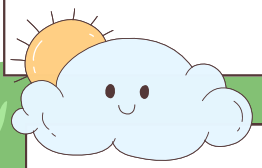
This material was funded by USDA's Supplemental Nutrition Assistant Program – SNAP.

This institution is an equal opportunity employer.

Cornell Cooperative Extension is an employer and educator recognized for valuing AA/EEO, Protected Veterans, and Individuals with Disabilities and provides equal program and employment opportunities.

May 2026

SUN	MON	TUE	WED	THU	FRI	SAT
					1 School Lunch Hero Day	2 National Fitness Day
3	4	5 National Teacher Appreciation Day	6 National School Nurse Day	7	8	9
10 Mother's Day	11	12	13	14	15	16
17	18	19	20	21 Eat More Fruits and Vegetables Day	22	23
24	25 Memorial Day	26	27	28	29	30
31						



Monthly Observations:

- National Mental Health Awareness Month
- National Physical Fitness and Sports Month
- National Women's Health Month
- Better Sleep Month
- Family Wellness Month
- National Asparagus Month

American Heart Association.
Healthy for Good™

Life's Essential 8™

HOW TO GET HEALTHY SLEEP

Getting a good night's sleep every night is vital to your heart and brain health.

ADULTS SHOULD AIM FOR AN AVERAGE OF 7-9 HOURS

Babies and kids need more depending on their age.

LEARN THE BENEFITS OF SLEEP

- **BETTER BRAIN FUNCTION** including alertness, decision-making, focus, learning, memory, reasoning and problem-solving
- **IMPROVED** mood and energy
- **STRONGER** immune system
- **HEALING** and repairing of cells, tissues and blood vessels
- **LESS RISK** of chronic disease

LEARN HOW SLEEP AFFECTS YOUR HEALTH

Sleep is an important time for your brain to reset. Regular, restful sleep is important to keep your brain running smoothly. Poor sleep may put you at higher risk for:

- Depression and anxiety
- Memory loss and dementia
- High blood pressure, blood sugar and cholesterol
- Obesity
- Heart disease

TIPS FOR SUCCESS

Check your room

DIM IT.

Dimming the lights before sleep helps signal to your brain that it's time to wind down. Dim your screen or use a red filter app at night. The bright blue light of most devices can mess with your "internal clock" and melatonin production, a hormone that regulates sleep.

SET IT.

Go to bed and wake up at the same time every day. This helps regulate your body's internal clock and makes it easier to fall asleep and wake up naturally. Set a bedtime alarm to remind you it's time to wrap it up for the night.

CREATE IT.

Establish a nighttime routine. Spend 20-30 minutes winding down before bed, such as reading, meditating, or taking a warm bath. Avoid screens.

BLOCK IT.

Put your phone on "do not disturb" mode to block it all out when you're trying to sleep.

Learn more at heart.org/lifes8

© Copyright 2026 American Heart Association, Inc., a 501(c)(3) not-for-profit. All rights reserved.
Unauthorized use prohibited. Citations available upon request. WF-1380104 2/26

10 tips
Nutrition Education Series

be an active family

10 tips for becoming more active as a family

Physical activity is important for children and adults of all ages. Being active as a family can benefit everyone. Adults need 2½ hours a week of physical activity, and children need 60 minutes a day. Follow these tips to add more activity to your family's busy schedule.

1 set specific activity times

Determine time slots throughout the week when the whole family is available. Devote a few of these times to physical activity. Try doing something active after dinner or begin the weekend with a Saturday morning walk.



2 plan ahead and track your progress

Write your activity plans on a family calendar. Let the kids help in planning the activities. Allow them to check it off after completing each activity.

3 include work around the house

Involve the kids in yard work and other active chores around the house. Have them help you with raking, weeding, planting, or vacuuming.



4 use what is available

Plan activities that require little or no equipment or facilities. Examples include walking, jogging, jumping rope, playing tag, and dancing. Find out what programs your community recreation center offers for free or minimal charge.

5 build new skills

Enroll the kids in classes they might enjoy such as gymnastics, dance, or tennis. Help them practice. This will keep things fun and interesting, and introduce new skills!

6 plan for all weather conditions

Choose some activities that do not depend on the weather conditions. Try mall walking, indoor swimming, or active video games. Enjoy outdoor activities as a bonus whenever the weather is nice.

7 turn off the TV

Set a rule that no one can spend longer than 2 hours per day playing video games, watching TV, and using the computer (except for school work). Instead of a TV show, play an active family game, dance to favorite music, or go for a walk.



8 start small

Begin by introducing one new family activity and add more when you feel everyone is ready. Take the dog for a longer walk, play another ball game, or go to an additional exercise class.

9 include other families

Invite others to join your family activities. This is a great way for you and your kids to spend time with friends while being physically active. Plan parties with active games such as bowling or an obstacle course, sign up for family programs at the YMCA, or join a recreational club.



10 treat the family with fun physical activity

When it is time to celebrate as a family, do something active as a reward. Plan a trip to the zoo, park, or lake to treat the family.

USDA United States Department of Agriculture

Go to www.ChooseMyPlate.gov for more information.

DG TipSheet No. 29
April 2013
Center for Nutrition Policy and Promotion
USDA is an equal opportunity provider and employer.

Getting the Right Start



YOU ARE NOT ALONE

ONE IN SIX

U.S. youth aged 6-17

experience a mental health disorder each year.

WORRIED?

Tell Someone

- Family member
- Close friend
- Teacher or professor
- Counselor or coach
- Faith leader

WHAT TO DO

Getting help early can keep you on the right track.

1. Rule out other physical health conditions
2. Be honest about what you're feeling and be clear about what you want
3. Ask for help finding a therapist or mental health professional that works for you



WHAT TO SAY

- "I haven't felt like myself lately, and I don't know what to do. Can I talk to you about it?"
- "I'm worried about stuff that's going on right now, do you have time to talk?"
- "I'm having a really hard time; will you go with me to see someone?"

KEEP IN MIND

- It can take some time to get an appointment with a specialist, so do not wait.
- See if you can get an appointment sooner by asking or letting the specialist know if you are in crisis.
- While you wait, contact your local NAMI for additional supports and resources, including the NAMI HelpLine and support groups.

Sunshine Roll-Ups

Makes: 4 half roll-ups
Prep time: 20 minutes



Ingredients

½ cup finely chopped **celery**
¼ cup minced **onion** (any type)
1 ½ Tablespoons **mayonnaise**
1 teaspoon low-sodium **soy sauce**
½ teaspoon **garlic powder** or 2 cloves garlic
¼ teaspoon **black pepper**
1 cup chopped **cooked chicken**
⅔ cup **mandarin orange** segments (canned, drained and rinsed, or fresh)
2 medium (8-inch) **whole wheat tortillas**
4 medium **lettuce leaves**, salad greens or microgreens

Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh fruits and vegetables under running water before preparing.
3. In medium bowl, mix celery, onion, mayonnaise, soy sauce, garlic powder and pepper.
4. Gently mix in chicken and orange segments.
5. Lay tortilla on clean cutting board or large plate.
6. Place 2 lettuce leaves on each tortilla, trimming or moving leaves to keep them inside the tortilla.
7. Place ½ the chicken mixture in the middle of the lettuce.
8. Roll tortillas into a wrap and cut in half. Repeat with other tortilla, lettuce and rest of chicken mixture.
9. Refrigerate leftovers within 2 hours.

Notes

- No oranges? Use halved grapes or diced apples.
- Instead of chicken, try using 1 cup cooked/drained garbanzo beans, or 1 cup of small tofu cubes.

Funded by USDA SNAP. OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. This institution is an Equal Opportunity Provider.

Nutrition Facts

4 servings per container
Serving size 1/2 roll-up (121g)

Amount per Serving
Calories 180

	% Daily Value*
Total Fat 7g	9 %
Saturated Fat 2g	10 %
Trans Fat 0g	
Cholesterol 30mg	10 %
Sodium 230mg	10 %
Total Carbohydrate 14g	5 %
Dietary Fiber 1g	4 %
Total Sugars 4g	
Includes 0g Added Sugars	0 %
Protein 14g	
Vitamin D 0mcg	0 %
Calcium 72mg	6 %
Iron 1mg	6 %
Potassium 260mg	6 %
Vitamin A 32mcg	3 %
Vitamin C 12mg	14 %

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Bell Pepper Nachos

Ingredients

Makes: 8 cups
Prep time: 5 minutes
Cooking time: 15 minutes

4 **bell peppers**
1 cup **salsa** (try Food Hero's Salsa Roja or Salsa Verde)
2 teaspoons **seasoning** (try a mixture-chili powder, garlic powder, ground cumin, black pepper)
2 cups cooked **protein** (beans, tofu, or chopped or shredded meat or chicken)
¾ cup shredded or crumbled **cheese**



Directions

1. Wash hands with soap and water.
2. Preheat oven to 350 degrees F.
3. Rinse bell peppers, remove seeds and cut into bite-sized pieces. Arrange pieces close together in a single layer on a large foil-lined baking sheet.
4. In a medium bowl, combine salsa, seasonings and protein. Spoon the mixture evenly over pepper pieces. Top with cheese.
5. Bake for 15 minutes, or until peppers are heated through and cheese is melted. Serve warm.
6. Refrigerate leftovers within 2 hours.

Notes

- Try topping with chopped green onions or black olives.
- Try adding cilantro on top for more flavor.

Nutrition Facts

8 servings per container

Serving size	**1 cup (136g)**
Amount per Serving	
Calories	**100**
	% Daily Value*
Total Fat 3.5g	**4%**
Saturated Fat 1.5g	**8%**
Trans Fat 0g	
Cholesterol 20mg	**7%**
Sodium 340mg	**15%**
Total Carbohydrate 9g	**3%**
Dietary Fiber 3g	**11%**
Total Sugars 3g	
Includes 0g Added Sugars	**0%**
Protein 9g	
Vitamin D 0mcg	0%
Calcium 72mg	6%
Iron 1mg	6%
Potassium 211mg	4%
Vitamin A 46mcg	5%
Vitamin C 48mg	53%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Funded by USDA SNAP. OSU Extension Service prohibits discrimination in all its programs, services, activities and materials. This institution is an Equal Opportunity Provider.

Carrot Pancakes

Ingredients

Makes: 7 Pancakes
Prep time: 15 minutes
Cooking time: 10 minutes

½ cup **oats** (quick-cooking or old fashioned rolled)
¾ cup low-fat **buttermilk** (see Notes)
½ cup finely grated **carrot**
1 **egg**
1 Tablespoon **vegetable oil**
¼ cup nonfat or 1% **milk**
½ teaspoon **vanilla** (optional)
½ cup all-purpose **flour**
1 Tablespoon **sugar**
1 teaspoon **baking powder**
½ teaspoon **baking soda**
½ teaspoon **salt**
½ teaspoon **cinnamon** (optional)



Directions

1. Wash hands with soap and water.
2. Rinse or scrub fresh vegetables under running water before preparing.
3. In a medium bowl, mix oats and buttermilk and set aside to soak.
4. Add egg, oil, milk and vanilla extract, if desired, to the oats mixture; beat well. Stir in the carrot.
5. In another medium bowl, stir together dry ingredients. Add dry ingredients to oats mixture and stir gently. If it seems too thick add a small amount of milk.
6. Lightly grease a large skillet or griddle and heat over medium-high heat (350 degrees F in an electric skillet). For each pancake, pour about ¼ cup batter onto the hot skillet or griddle.
7. Cook until bubbles come to the surface of the pancake and the edges begin to dry. Turn over and cook other side until golden brown.
8. Refrigerate leftovers within 2 hours.

Notes

- To see if skillet is hot enough, sprinkle with a few drops of water. If drops skitter around, heat is just right.
- Top with applesauce, fresh fruit or yogurt.
- Try adding ½ teaspoon pumpkin pie spice.
- You can use whole-wheat flour instead of all-purpose flour.
- No buttermilk? Place 1Tablespoon of lemon juice or vinegar in measuring cup and fill to the 1 cup line with milk. Stir and let set to thicken slightly.
- No egg? Replace it with 1 Tablespoon ground flaxseed mixed with 3 Tablespoons water that sits for 10 minutes to form a gel. Or replace it with 3 Tablespoons aquafaba (the liquid drained from a can of garbanzo beans).

Nutrition Facts

7 servings per container
Serving size **1 pancake (71g)**

Amount per Serving
Calories **110**

	% Daily Value*
Total Fat 4g	5%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 30mg	10%
Sodium 370mg	16%
Total Carbohydrate 15g	5%
Dietary Fiber 1g	4%
Total Sugars 4g	
Includes 2g Added Sugars	4%
Protein 4g	
Vitamin D 0mcg	0%
Calcium 82mg	6%
Iron 1mg	6%
Potassium 105mg	2%
Vitamin A 86mcg	10%
Vitamin C 1mg	1%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

FOOD HERO
FoodHero.org



Give Them More of the Good Stuff!

Asparagus Basics

Shop and Save

- Look for asparagus with stalks that are firm and tips that are tightly closed. Avoid stalks that look limp or wilted.
- The thickness of the stalk does not determine its quality. All sizes, from thin to thick, can be tender and flavorful.
- Choose stalks that are similar in size. They will be easier to prepare and cook evenly.
- Choose local asparagus for best flavor and quality. Find it fresh in Oregon in April and May.
- Asparagus is also available canned and frozen.

Asparagus is an excellent source of folate, a vitamin that helps make new cells and is important for a healthy pregnancy.



Grow Asparagus

- Asparagus can be worthwhile to grow because it can produce fresh spears for up to 30 years.
- Plants need a large space with full sun and soil that drains well.
- Start seeds indoors or find one-year-old plants (called crowns or roots) at garden supply stores.
- Wait to harvest spears for 2 to 3 years so that roots can grow strong. A mature plant will provide ½ to 1 pound of spears each year.
- Green and purple asparagus grow from different plant varieties, but green and white grow from the same plant. When spears grow up through the ground, exposure to sunlight turns them green. Spears will be white if they are covered while growing.

Store Well Waste Less



- **Refrigerate fresh asparagus for up to four days.**
  - **Stand stalks in 1 inch of water like a flower bouquet and cover with a plastic bag.**

  OR
  - **Wrap cut ends in a damp paper towel and cover the towel with plastic.**
- **Rinse under cool running water just before using.**
- **To remove tough ends:**
  - **Hold an end of a stalk in one hand and the middle of the stalk in the other hand. Gently bend to snap.**

  OR
  - **Cut off the bottom inch of the stalks, then peel tougher base ends if needed.**



Oregon State University

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

2023 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Share on:

Enjoy Asparagus

Roasted Asparagus

Ingredients:

1 pound **asparagus**, trimmed

1 teaspoon **vegetable oil**

1 dash each **salt** and **pepper**

Directions:

1. Preheat oven to 400 degrees F.
2. Leave stalks whole or cut into shorter lengths.
3. Toss asparagus with oil, salt and pepper. Place in a single layer on large baking sheet.
4. Roast for 12 to 15 minutes or until the pieces are lightly browned.
5. Refrigerate leftovers within 2 hours.

Makes 2 cups
Prep time: 10 minutes
Cooking time: 15 minutes

Go to FoodHero.org for tasty asparagus recipes

Asparagus Mushroom Melt

Ingredients:

4 **English muffins**

1 ½ teaspoons **vegetable oil**

¼ cup finely minced **onion** (any type)

1 cup chopped **mushrooms**

½ pound **asparagus**, trimmed and sliced crosswise into ½-inch rounds

¾ teaspoon dried **thyme**, oregano or basil

1 ½ teaspoons **vinegar** or lemon juice

1 dash each **salt** and **pepper**

3 ounces (¾ cup) shredded **mozzarella cheese**

Directions:

1. Wash hands with soap and water.
2. Toast muffin halves and place on a baking sheet in a single layer.
3. Heat oil in a large skillet over medium-high heat. Cook onions and mushrooms, stirring often, until just beginning to brown.
4. Add asparagus, thyme and vinegar. Stir often until asparagus is barely tender, about 3 to 4 minutes. Add salt and pepper.
5. Turn on oven to Broil setting.
6. Divide vegetable mixture onto the muffin halves. Top each muffin with shredded cheese.
7. Broil muffins for about 30 seconds, or until the cheese melts. Watch carefully to avoid burning.
8. Refrigerate leftovers within 2 hours.

Makes 8 muffin halves
Prep time: 15 minutes
Cooking time: about 15 minutes

Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- **snap off the woody end of stalks.**
- **rinse vegetables under cool running water.**
- **toast English muffins.**

RECIPE

Spring Vegetable Sauté

Bursting with delicious spring flavors, this delicious sautee is perfect with a side of roasted chicken, fish, or tofu.

Makes: 4 Servings
Prep Time: 10 minutes
Cook Time: 10 minutes

Source: USDA's MyPlate Kitchen

Ingredients

- ½ cup sweet onion, sliced
- 1 garlic clove, finely chopped
- 3 new potatoes, tiny, quartered
- ¾ cup carrots, sliced
- ¾ cup asparagus pieces
- ¾ cup sugar snap peas or green beans
- ½ cup radishes, quartered
- ¼ tsp salt
- ¼ tsp black pepper
- ½ tsp dill
- 1 tsp. olive oil

Directions

1. Heat oil in skillet over medium heat.
2. Cook onion for 2 minutes. Add garlic and cook 1 more minute.
3. Stir in potatoes and carrots. Cover, reduce heat to low, and cook about 4 minutes, until nearly tender.
4. Add a tablespoon or two of water if vegetables start to brown.
5. Add asparagus, peas, radishes, salt, pepper, and dill. Cook, stirring often, for 4 more minutes or until tender.
6. Serve immediately.



Small Changes, BIG Difference!



Nutrition Information

Serving Size: 1/4 of recipe

Nutrients	Amount
Calories:	100
Total Fat:	2g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	170mg
Total Carbohydrates:	20g
Dietary Fiber:	4g
Total Sugars:	6g
Added Sugars:	0g
Protein	3g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Wooden spoon or spatula
- Measuring spoons
- Measuring cups
- Skillet with lid

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost without oil and seasonings: $7.94
Average cost/serving: $1.98

Makes: 4 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ]  Add 1 to Cart Sweet onion
- [ ]  Add 3 to Cart Potatoes
- [ ]  Add 1 to Cart Carrots
- [ ]  Add 1 to Cart Asparagus
- [ ]  Add .25 lbs to Cart Sugar snap peas
- [ ]  Add 1 to Cart Radishes

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- **Use any combination of spring vegetables you have on hand!**
- **Try adding mushrooms or bell peppers for extra color.**

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

RECIPE

Plum Slushy

Cool off with this simple, naturally sweet Plum Slushy! Fresh plums blend into a frosty treat that's bursting with flavor — no added sugar needed.

Makes: 2 Servings
Prep Time: 5 minutes
Cook Time: 0 minutes

Source: UMass Extension



Small Changes, BIG Difference!

Ingredients

- 3 fresh plums, pitted, peeled, and chopped
- ¼ cup blueberries, fresh or frozen
- ¼ cup 100% apple juice
- 1 handful ice cubes

Directions

1. Wash and prepare fruit
2. Combine all ingredients in a blender and blend until smooth, about 3 minutes
3. Serve immediately

Fruits

ChooseMyPlate.gov

Nutrition Information

Serving Size: 1/2 of recipe

Nutrients	Amount
Calories:	70
Total Fat:	0g
Saturated Fat:	0g
Cholesterol:	0mg
Sodium:	0 mg
Total Carbohydrates:	17g
Dietary Fiber:	2g
Total Sugars:	12g
Added Sugars:	0g
Protein	0g

Utensils Needed

- Measuring cups
- Blender

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost without oil and seasonings: $7.22
Average cost/serving: $3.61

Makes: 2 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- ☐  Add 3 to Cart Plums
- ☐  Add 1 to Cart Apple Juice
- ☐  Add 1 to Cart Blueberries

SAVE TIME, SAVE MONEY

Chef's Notes

- **Use ripe plums for the sweetest flavor — no need to add extra sugar.**
- **Frozen fruit can replace fresh to make this recipe even faster and frostier.**
- **Try other fruit combinations like peach-blueberry or strawberry-plum.**

My Cooking Notes

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

RECIPE

Cherry Tomato and Ground Cherry Salsa



Enjoy this fresh, sweet cherry tomato and ground cherry salsa over grilled fish or chicken. It's sure to please.

Makes: 8 Servings
Prep Time: 10 minutes
Cook Time: 0 minutes

Source: Penn State Extension

Small Changes, BIG Difference!

Ingredients

- 2 c. quartered cherry tomatoes
- 1 c. halved ground cherries
- 1/3 c. finely chopped red onion
- 1 garlic clove, minced
- 2 T. minced red chili
- 1/2 c. finely chopped fresh cilantro
- 3 T. fresh lime juice
- 1 T. extra virgin olive oil
- 1/4 tsp. cumin
- 1/8 tsp. kosher salt
- 1/8 tsp. freshly ground black pepper

Directions

1. In a medium bowl, fold together cherry tomatoes, ground cherries, onion, garlic, chili, and cilantro.
2. Drizzle the lime juice and olive oil over the top, folding a couple times to incorporate. Then sprinkle with cumin, salt, and pepper.
3. Fold again to bring it all together.

Nutrition Information

Serving Size: 1/2 cup

Nutrients	Amount
Calories:	242
Total Fat:	14g
Saturated Fat:	2g
Cholesterol:	0mg
Sodium:	641mg
Total Carbohydrates:	31g
Dietary Fiber:	9g
Total Sugars:	13g
Added Sugars:	0g
Protein	5g

Utensils Needed

- Sharp knife
- Cutting board
- Large bowl
- Measuring spoons
- Measuring cups
- Mixing spoon

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

SHOPPING LIST

Average total cost without oil and seasonings: $14.85
Average cost/serving: $1.86

Makes: 8 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients

- [ ] 

Add 1 to Cart
Cherry tomatoes, 12oz.

- [ ] 
Add 1 to Cart
Red onion, small

- [ ] 
Add 1 to Cart
Red chili, minced

- [ ] 
Add 1 to Cart
Lime

- [ ] 
Add 1 to Cart
Cherries, 12 oz.

- [ ] 
Add 1 to Cart
Garlic, 1 bulb

- [ ] 
Add 1 to Cart
Cilantro

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- **Enjoy immediately or refrigerate for an hour or two before serving.**

Similar Recipes

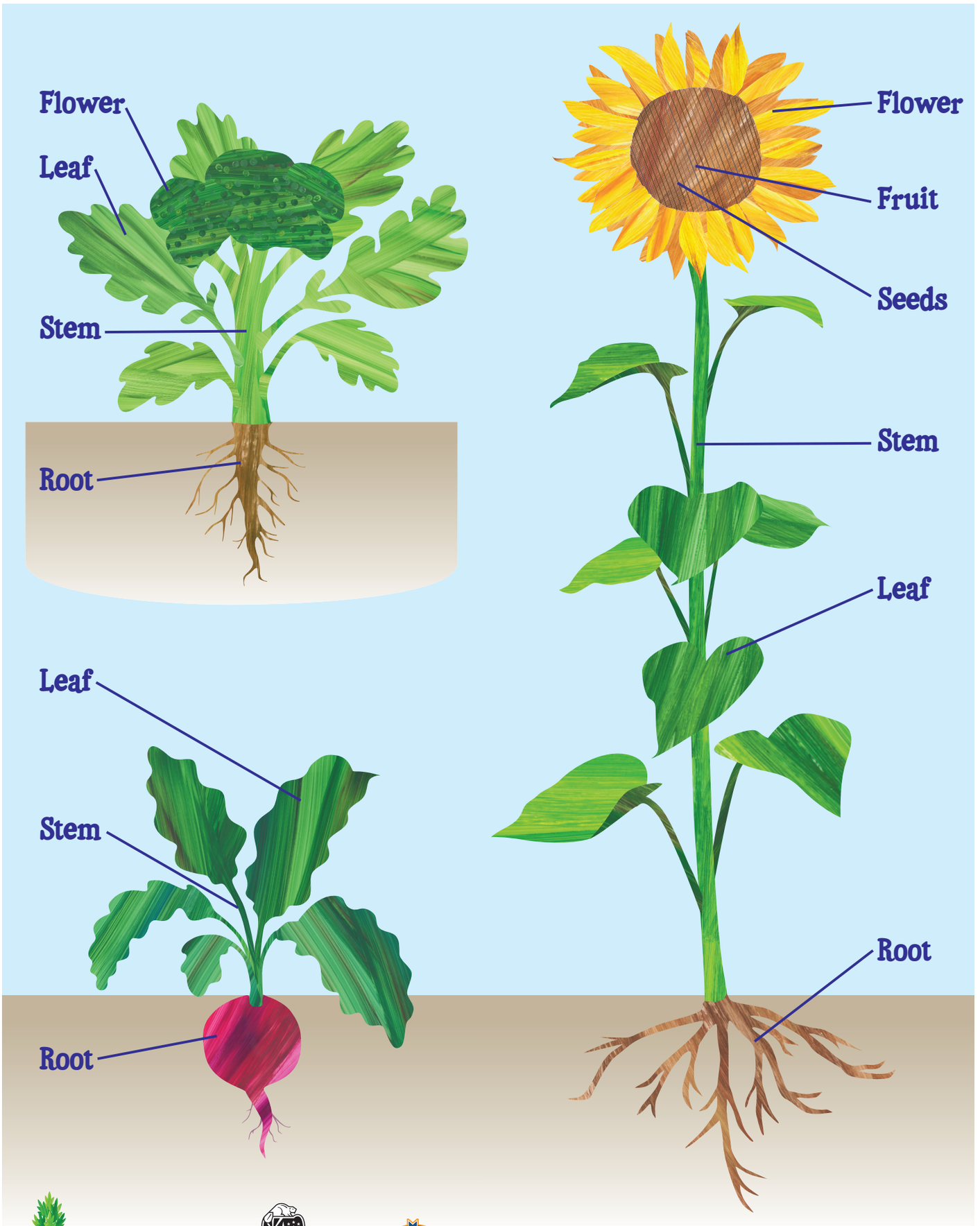
- **Nectarine, Corn and Tomato Relish**
- **Cherry Pineapple Delight**

SNAP-Ed New York
SAVE TIME. SAVE MONEY. EAT HEALTHY.

This institution is an equal opportunity provider.
SNAP-Ed is funded by USDA's Supplemental Nutrition Assistance Program or SNAP.

The Parts of a Plant

Eat Healthy - Grow Healthy



Growing Healthy Kids
Garden Enhanced Nutrition Education

Oregon State University
Extension Service

FOOD HERO
FoodHero.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

2021 Oregon State University Extension Service prohibits discrimination in all its programs, services, activities, and materials on the basis of race, color, national origin, religion, sex, gender identity (including gender expression), sexual orientation, disability, age, marital status, familial/parental status, income derived from a public assistance program, political beliefs, genetic information, veteran's status, reprisal or retaliation for prior civil rights activity. (Not all prohibited bases apply to all programs.) Oregon State University, Oregon State University Extension Service is an Equal Opportunity Provider and Employer.

Drawings of All of the Fruits and Veggies I Ate

Pick one day and draw or write all of the fruits and veggies you eat or drink on that day.

Breakfast

Lunch

Dinner

Snacks

FOOD HERO
FoodHero.org

Paid for in part by Oregon SNAP. 2021 Oregon State University

Name_____

Asparagus



OREGON HARVEST for SCHOOLS

I like asparagus because _____.

FOOD HERO FoodHero.org

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

2017 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.

FREE FOR TEACHERS!
ABCmouse | My Math Academy
My Reading Academy
My Reading Academy Español

Name _____

Dear _____

THANK YOU FOR HELPING ME GROW



best teacher ever

One of my favorite things about you: _____

_____

_____

_____

Something I've learned from you:

My favorite memory from class: _____

_____

_____

_____

A drawing from me to you:

ABCmouse®

abcmouse.com/printables

© Age of Learning, Inc. All rights reserved. Do not remove or alter this legal notice. This ABCmouse.com printable may be reproduced for home or educational, noncommercial purposes only.