



Nutrition Corner

SNAP - Supplemental Nutrition Assistance Program

May 25, 2020

Parent's Corner

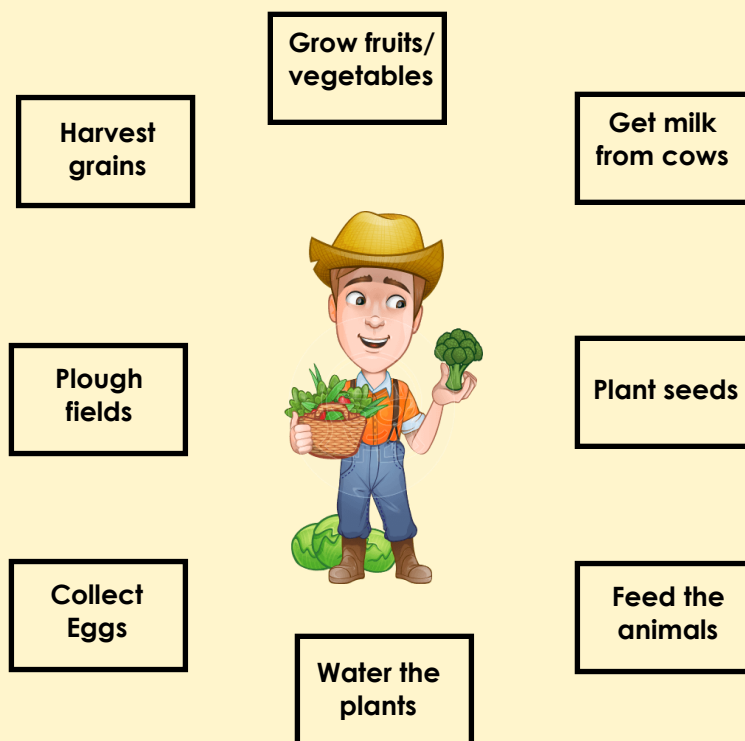
Ten Reasons to Shop at a Farmer's Market

1. Freshly picked, in season produce is at its peak in flavor and nutrition.
2. Support your local farmers and economy.
3. Fresh fruit and vegetables are full of antioxidants and phytonutrients.
4. It's a great way to get kids involved.
5. Supporting your local farmer's market strengthens your community.
6. Farmer's markets offer foods that align with MyPlate guidelines.
7. Farmers often have recommendations for preparing their products.
8. You can try a new fruit or vegetable.
9. SNAP and WIC benefits are accepted at some markets.
10. Farmer's markets are easy to find.

Source: <https://www.nutrition.gov>

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What Does A Farmer Do?



Without farms or farmers, it would be impossible to enjoy some of your favorite food!

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Farmers Market Salsa



Directions

1. Combine all ingredients in a large bowl. Chill until serving time.
2. Drain before serving.
3. Serve with low-fat baked tortilla chips or fresh vegetables.

Ingredients

- 1/2 cup corn (fresh cooked or frozen)
- 1 can black beans (15 ounce, drained and rinsed)
- 1 cup tomatoes (fresh diced)
- 1/2 cup onion (diced)
- 1/2 cup green pepper (diced)
- 2 tablespoon lime juice
- 2 clove garlic (finely chopped)
- 1/2 cup picante sauce

Recipe: <https://www.choosemyplate.gov>
 image Source: <https://foodhero.org>

Directions: Try to find these foods next time you visit your local farmer's market.

Farmer's Market Scavenger Hunt