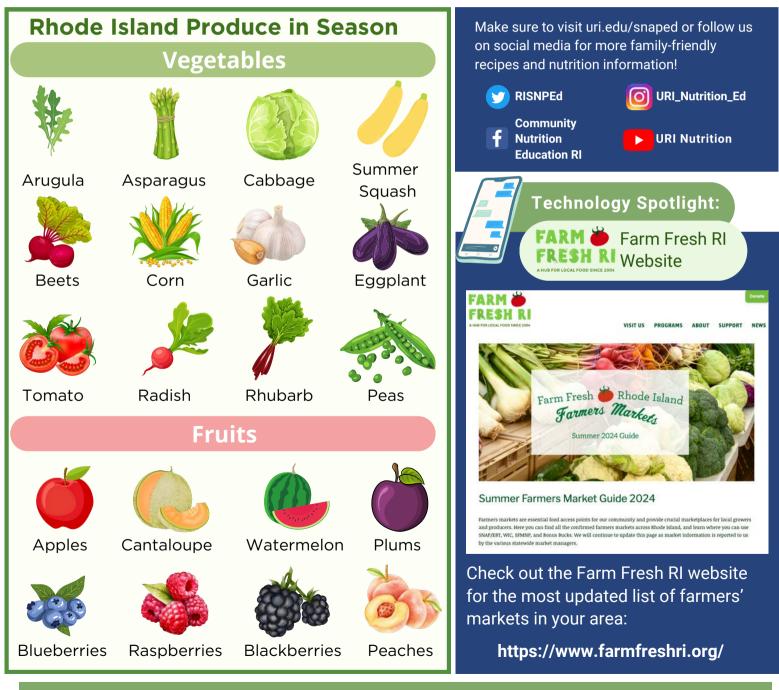


URI SNAP-ED NUTRITION NEWSLETTER

Eating fruits and vegetables is a great way to add vitamins and minerals to your day. Check out this list of in-season produce you can find at farmers' markets this summer.



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Did you know you can use many different food benefits at farmers' markets? Check out the list below for more details: Women, Infants, and Children: Take WIC cards directly to farmers at farmers' markets to buy fresh fruit and vegetables. Senior Farmers Market Nutrition Program (SFMNP): Take SFMNP cards directly to farmers at farmers' markets to buy fresh produce.

Supplemental Nutrition Assistance Program (SNAP): Take your SNAP card to the farmers' market Welcome Table to swipe and receive tokens to spend with vendors.

Additional Benefits:



Bonus Bucks: At most farmers' markets, SNAP users get a free dollar for every dollar swiped from your SNAP card to spend on fresh fruit, vegetables, and herbs.

Shamrock Smoothie

Serves: 4 Serving size: ¾ cup Prep time: 5 minutes Cook time: 0 minutes Ingredients Directions

- 1 overripe banana (frozen preferred)
- 1 cup plain non-fat yogurt
- ½ cup 100% orange juice
- 2 cups baby spinach
- 1 apple, cored and chopped **1.**Put apple, banana, yogurt, and
 - orange juice in the blender.
 - 2. Blend until smooth.
 - 3. Add spinach and blend until smooth.
 - 4. Serve right away, or store in refrigerator for up to 4 hours.

