

Local Foods at the Table

Parents and caregivers are important in helping children make healthy food choices. The USDA's MyPlate shows that half the plate should be filled with vegetables and fruits. Participating in local food activities helps children learn more about growing and choosing healthy foods.



You can eat fresh local foods from Ohio throughout the year. What local foods do you eat during the month of your birthday? Remember, some foods can be picked and canned, dried or frozen and then stored to be eaten later in the year.

<p>January</p> <p>Apples that were picked in the fall or lettuce from a greenhouse</p>	<p>February</p> <p>Local foods that have been canned or frozen</p>	<p>March</p> <p>Meats, eggs, and dairy can be local all year round</p>	<p>April</p> <p>Asparagus Rhubarb</p>	<p>May</p> <p>Radishes Spinach Lettuce</p>	<p>June</p> <p>Beets Strawberries Peas Broccoli</p>
<p>July</p> <p>Blueberries Green Beans Peppers</p>	<p>August</p> <p>Corn Tomatoes Cantaloupe</p>	<p>September</p> <p>Watermelon Cabbage Grapes</p>	<p>October</p> <p>Squash Pumpkins Apples</p>	<p>November</p> <p>Potatoes Onions Carrots</p>	<p>December</p> <p>Bok Choi Mushrooms Winter squash</p>

For more information about local foods visit: <http://localfoods.osu.edu/> Or, contact your local OSU Extension Office.



Authors: Linnette Goard, MS, CFCS, Field Specialist; Melinda Hill, M Ed, CFCS, CFLE, Extension Educator; Patrice Powers-Barker, MA, CFLE, Extension Educator; and Carol Smathers, MS, MPH, Field Specialist; Family and Consumer Sciences, Ohio State University Extension.

CFAES provides research and related education programs to clientele on a nondiscriminatory basis.

For more information: <http://go.osu.edu/cfaesdiversity>