

TIPS TO SAVE MONEY AT THE FARMER'S MARKET

- Plan your shopping. What items do you need? What is in season, and will you eat what you purchase? How much do you need?
- Walk around the market before buying. Check out the prices to see who has the best prices on the items you want to buy.
- Bring a set amount of cash. This will prevent you from over purchasing items.
- Bring your own bags or basket. If you are not going home right away, bring a cooler to put your purchases in.
- Know what is in season. Check out the list below!
- Know what is on sale in your local store. It will give you an idea of what the vendor should be charging for the item.
- Ask where the fruits or vegetables were grown. Many vendors will have fruit and vegetables from other states and countries. For the freshest produce, you want items grown in your state.

Fruits and veggies coming into season now:

- Apples, Arugula, Basil, Beets, Broccoli, Cauliflower, Carrots, Chives, Collard Greens, Corn, Cucumbers, Kale, Lettuce, Peaches, Plums, Raspberries, Strawberries, Tomatoes.

Thank you to our menu sponsor!

To learn more call 719-314-2327
or visit rmhcare.org



719-884-2300

www.silverkey.org



CONNECTIONS CAFÉ
April 2025



NUTRITION EDUCATION

GETTING THE MOST FROM FARMER'S MARKETS

Soon all the farmers markets will be opening and fresh, Colorado produce will be back in season!

This month's focus will be on how to utilize the farmer's market to supplement healthy eating habits and save money on fresh produce.

Receive SNAP benefits?

Did you know you can use them at Farmer's Markets? Double Up Colorado is a program to help SNAP users to receive \$1.00 of free Colorado grown fruits and vegetables for each \$1.00 spent on Colorado grown fruits and vegetables.

See doubleupcolorado.org for more details. For participating Farmers Markets go to doubleupcolorado.org/where-its-at.

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Happy April Fools'! Laugh lots, prank wisely!	1 Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce & Milk	2 Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange & Milk	3 Chicken Parmesan w/ Marinara Sauce WW Pasta Capri Blend Veg Pear & Milk	4 Teriyaki Meatballs Brown Rice Succotash Orange & Milk
7 Chef's Choice: Chicken Happy National No Housework Day!	8 Chicken Chimichanga w/ Enchilada Sauce & Cheese SW Black Beans Spanish Rice Mango & Milk	9 Chicken Piccata w/ WW Pasta Winter Blend Veg w/ Parm Pear & Milk	10 Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	11 Slow Roasted Beef w/ Beef Gravy Mashed Potatoes Peas Orange & Milk
14 Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple & Milk	15 Cheese Ravioli Succotash WW Roll w/ Butter Tropical Fruit & Milk	16 Goulash w/ Cheese Green Bean Almondine Apple Milk	17 Meatballs Pork & Beef w/ Marinara Sauce WW Pasta, Succotash Pear & Milk	18 Chef's Choice: Pork Happy National Animal Crackers Day!
21 Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	22 Beef Pot Pie w/Butter Milk Biscuit Lima Beans Apple & Milk	23 Chicken Alfredo WW Pasta Peas Tropical Fruit & Milk	24 Sweet & Sour Beef Brown Rice Asian Vegetables High Fiber Cookie Pear & Milk	25 Lemon Pepper Chicken Wild & Brown Rice Lima Beans Orange & Milk
28 Lasagna Roll w/ Meat Marinara Sauce Broccoli Pear & Milk	29 Chicken Cordon Bleu Sweet Potatoes w/ Dates & Nuts Peas & Carrots Orange & Milk	30 Beef Tips Mashed Potatoes Brussels Sprouts Apple & Milk		Have a happy Easter!

Menu substitutions may occur without notice. Clients who take leftovers home do so at their own risk.

Members are advised to keep a 3-day supply of nonperishable foods and bottled water in their home in the event of inclement weather or other emergencies that may cause a temporary suspension of service.

We value your feedback! At the end of the month, return your menu to your café specialist & write in a 1-3 rank on the day's entry.

1 = Don't love it

2 = It's Good

3 = LOVE it!