

## 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](http://rmhcare.org)



**719-884-2300**

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**HOME DELIVERED MEALS**

**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](http://doubleupcolorado.org) for more details. For participating Farmers Markets go to [doubleupcolorado.org/where-its-at](http://doubleupcolorado.org/where-its-at).

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>Happy April Fools'!</b> <b>Laugh lots, prank wisely!</b>	<b>1</b> Baked Ziti Bahama Veg Apple & Milk	<b>2</b> Beef & Barley Soup Roasted Red Potatoes Ross w/ Buer Orange & Milk	<b>3</b> Chicken Ala King Jasmine Rice, Green Beans Apple & Milk	<b>4</b> Beef Bourguignon Roasted Red Potatoes Broccoli Orange & Milk	<b>5</b> Beef Tips Mashed Potatoes Brussels Sprouts Apple & Milk
<b>6</b> Teriyaki Meatballs Brown Rice Succotash Orange & Milk	<b>7</b> Beef Burrito w/ Green Sauce Spanish Rice SW Black Beans, Diced Mango & Milk	<b>8</b> Chicken & Dumplings Broccoli High Fiber Cookie Strawberry Applesauce	<b>9</b> Beef Chili w/ Cheese Baked Potato w/ Sour Cream Orange & Milk	<b>10</b> Chicken Parmesan w/ Marinara Sauce WW Pasta Capri blend Veg Pear & Milk	<b>11</b> Teriyaki Meatballs Brown Rice Succotash Orange & Milk	<b>12</b> BBQ Chicken Roasted Sweet Potatoes Peas & Carrots Orange & Milk
<b>13</b> Beef Stroganoff WW Penne Pasta Brussel Sprouts Apple & Milk	<b>14</b> <b><i>Chef's Choice:</i></b> <b><i>Chicken</i></b>  Happy National Gardening Day!	<b>15</b> Chicken Chimichanga w/ Enchilada Sauce & Cheese, SW Black Beans, Spanish Rice Mango, & Milk	<b>16</b> Chicken Piccata w/ WW Pasta Winter Blend Veg w/ Parm Pear & Milk	<b>17</b> Pork Chop w/ Country Gravy Mashed Potatoes Succotash Apple & Milk	<b>18</b> Slow Roasted Beef w/ Beef Gravy Mashed Potatoes Peas Orange & Milk	<b>19</b> Pork Pot Roast w/ Celery and Onion Red Potatoes Carrots Orange & Milk
<b>20</b> Chicken Pot Pie w/ Buermilk Biscuit Lima Beans Pear & Milk	<b>21</b> Breaded Pollock Mac & Cheese Brussels Sprouts w/ Parm Apple & Milk	<b>22</b> Cheese Ravioli Succotash WW Roll w/ Buer Tropical Fruit Milk	<b>23</b> Goulash w/ Cheese Green Bean Almondine Apple & Milk	<b>24</b> Meatballs Pork & Beef w/ Marinara Sauce, WW Pasta Succotash Pear & Milk	<b>25</b> <b><i>Chef's Choice:</i></b> <b><i>Pork</i></b>  Happy National Zucchini Bread Day!	<b>26</b> Chicken Cacciatore WW Pasta Green Beans Diced Pears Milk
<b>27</b> Swedish Meatballs WW Pasta Brussels Sprouts Applesauce & Milk	<b>28</b> Southwestern Chicken Spanish Rice Pinto Beans Orange & Milk	<b>29</b> Beef Pot Pie w/ Buer Milk Bis- cuit Lima Beans Apple & Milk	<b>30</b> Chicken Alfredo WW Pasta Peas Tropical Fruit Milk			<b><i>Have a happy Easter!</i></b>

*Menu substitutions may occur without notice.*

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.