



CELERY

Fun Facts

Celery is from the same plant family as carrots, parsley, fennel and caraway

Available year-around (always in season!!)

If your celery is wilted place it in a bowl of ice water for several minutes and watch it regain its crunch

Celery was first believed to have medicinal value

<http://aggie-horticulture.tamu.edu/plantanswers/publications/vegetabletravelers/celery.html>



PEANUT BUTTER

Nutrition Facts

Serving Size 2 Tbsp (32g)

Amount Per Serving

Calories 190

Total Fat 16g

Saturated Fat 3g

Trans Fat 0g

Total Carbohydrate 7g

Dietary Fiber 2g

Protein 7g

Fun Facts

Peanut Butter is one of America's favorite foods— found in about 75% of American homes

Peanut plants grow to be 18 inches tall

By law peanut butter must be made up of at least 90% peanuts

March is National Peanut Month: celebrated since 1974—so dip your celery and celebrate!

www.peanutbutterlovers.com

Celery + Peanut Butter = the Perfect Pair!



This material was funded by USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.