

Spinach

Spinach is a great source of iron & fiber!

- Store in fridge for up to 3 days
- Rinse and dry thoroughly
- Wrap in a paper towel and keep it in a sealed plastic bag or air tight container
- Can be purchased frozen, fresh or canned!



This institution is an equal opportunity provider. This material was funded in part by the USDA's Supplemental Nutrition Assistance Program- SNAP.



Spinach can be eaten raw or cooked. It has a very soft, mildly sweet taste similar to other greens. Spinach can be added to just about anything and its a great way to pack in more nutrients to any meal!

Spinach can be added to:

- Salads, Sandwiches & wraps
- Boiled in soups
- Blended in smoothies
- Cooked into most dinner dishes
- Sauté on a skillet for stir fries

