



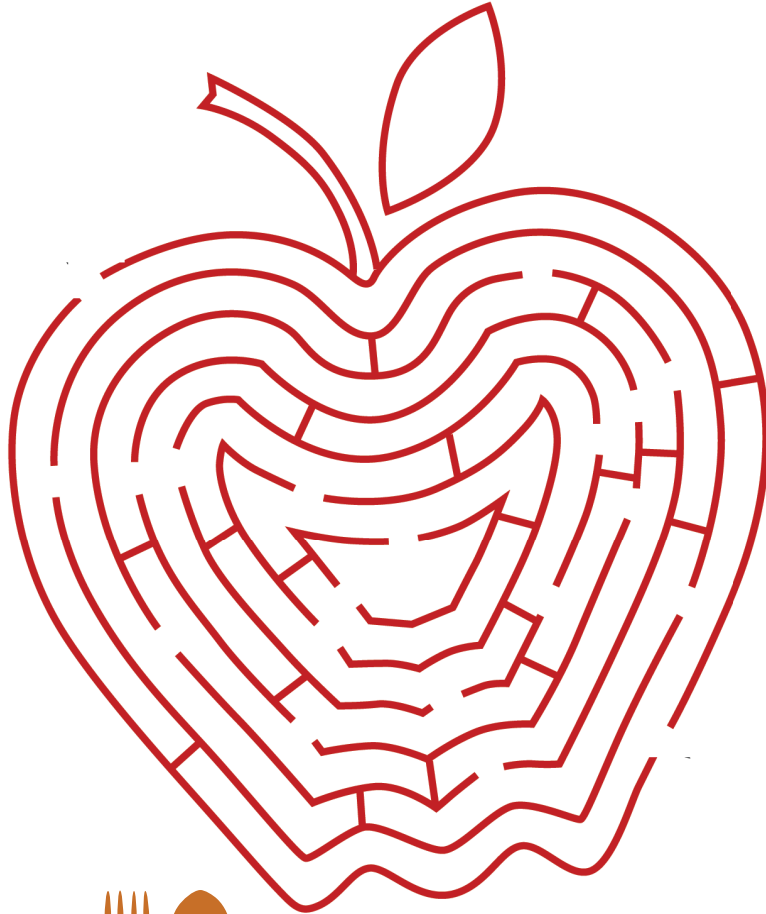
**Fall is a wonderful time to
enjoy fresh Oregon apples!**

HARVEST BITES

- Circle all the apples on the menu.
- How many did you find?
- How many apples do you plan to eat this week?
- What is your favorite way to eat an apple?

Just for Kids

Find your way through the apple core.



FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at ode.state.or.us/services/nutrition. Look for Oregon Farm To School and School Garden Program under Associated Topics.

Gala



Braeburn



Honeycrisp



Golden Delicious



Jonagold



Granny Smith



Pippin



Red Delicious



Grown In Oregon

There are hundreds of varieties of apples grown in Oregon including heirlooms and newer hybrid varieties. When are they ripe and ready to eat? It depends on where they are grown. Apples grown in warm and sunny places ripen early. Apples grown in the high mountains and along the coast ripen later. Fresh Oregon apples are available from July through November. Each apple has its own great taste. Be sure to try them all.

Healthy, Fit and Ready to Learn

■ Think apples when you want to add crunch to your lunch. ■ Fruits and vegetables contain the nutrients you need without too many calories. Fill half your plate with fruits and vegetables at every meal.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ -6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.