



FAMILY NEWSLETTER

Nutrients found in Apples

- Apples are a perfect snack food. Their natural sugars provide quick energy and their fiber makes the eater feel full.
- Apples have vitamin C, potassium and other nutrients that keep you healthy.
- Apples are best when eaten with the peel. When you eat an apple with the peel, you get the most fiber and nutrients.



Quick and easy!

- Enjoy eating a fresh apple whole or sliced.
- Mix apple chunks in your hot cereal for a morning treat.
- Add thinly sliced apples to your chicken or tuna sandwich for a sweet crunch.



Fruit and Nut Slaw

Makes 8 one cup servings

INGREDIENTS

- 5 cups thinly sliced cabbage (about 1 1/2 pounds – try a mix of red and green)
- 1/2 cup dried fruit (cranberries or raisins work well)
- 1 carrot, washed, peeled and grated
- 1/3 cup vinegar
- 2 tablespoons sugar
- 2 teaspoons vegetable oil
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 1/4 cups thinly sliced apples
- 1 1/2 tablespoons minced cilantro or parsley
- 1/4 cup chopped nuts, toasted

DIRECTIONS

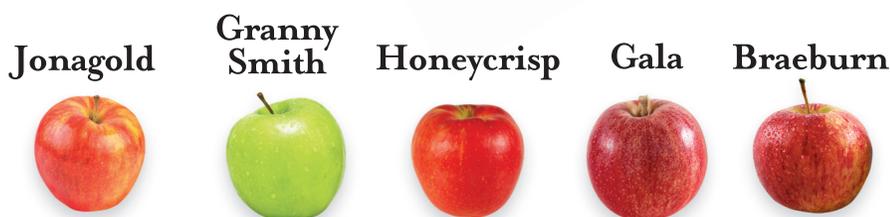
1. Mix cabbage, dried fruit and carrots in a large bowl.
2. In small bowl, mix vinegar, sugar, oil, salt and pepper.
3. Pour vinegar mixture over cabbage mixture.
4. Add apple and nuts just before serving. Mix well.
5. Refrigerate leftovers within 2-3 hours.

Calories: 120, Calories from fat: 35, Sodium: 240 mg, Dietary Fiber: 3 g

Source: Oregon State University Extension Service at <http://www.healthyrecipes.oregonstate.edu>.

Grown in Oregon

Apples grow in all parts of Oregon. The major apple producing areas include the Willamette Valley and along the Columbia River Gorge. Oregon apples are harvested from July through November. Apples store well and are available year-round.



Healthy, Fit and Ready to Learn

■ Before you eat, think about what goes on your plate or in your cup or bowl. ■ 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 1/2 – 5 cups per day	4 1/2 - 6 1/2 cups per day
Females	2 1/2 – 5 cups per day	3 1/2 – 5 cups per day

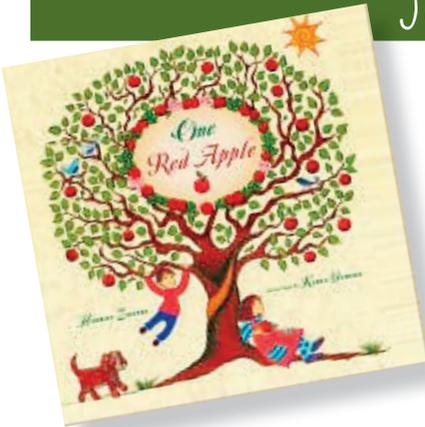
If you are active, eat the higher number of cups per day. Visit choosemyplate.gov to learn more.



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



Just for Kids



Read a Book Together

One Red Apple by Harriet Zeifert and Karla Gudeon is a whimsical story about an apple that is plucked from a tree, delivered to a farm stand, and enjoyed by a child before its seeds are scattered to once again start the growing cycle.



Compare Apples to Apples

Purchase a variety of apples in different colors, sizes and shapes. Tell your child the name of each apple purchased. Ask your child how each one is different and how they are the same. Cut up some of the apples and let your child taste the different varieties. Ask how each one tastes. Ask which apple is his or her favorite today. Make applesauce with the cut up apples.

Get Moving!

■ Take your child on an apple-picking field trip. ■ Check your local paper for u-pick locations near you. ■ Go on a nature walk in your neighborhood. How many fruit trees can you find? How many apple trees? ■ Walk to the nearest grocery store and count the different varieties of apples sold there.

PRODUCE POINTERS

- Look for apples that are firm and do not have bruises or soft spots.
- Apples can be stored at room temperature, but keep longer if refrigerated.
- Do not refrigerate apples in closed bags.
- Wash apples well with water before eating.
- To keep sliced apples from turning brown, dip slices in a mixture of lemon juice and water or pour apple juice over the sliced apples.

