

Harvest of the Month



Did you Know?

SNAP, formerly known as food stamps, is welcome at Skagit Farmers Markets. Get MORE fruits and vegetables when you shop with your EBT card. Just go to the market booth with the green flag and ask about Double Up Bucks.



To find a market nearest you, visit: www.svfmcoalition.org



Health and Learning Successes Go Hand-in-Hand

Healthy eating can help your child's success in school. Eating the recommended amount of fruits and vegetables can help kids do better in school.

Explore, taste, and learn about eating more fruits and vegetables and being active every day.



The *Harvest of the Month* featured fruit is **Apples**

Healthy Serving Ideas

- Mix chopped apples into your morning oatmeal for a hearty start to your day.
- Freeze 100% apple juice in an ice tray or in a paper cup with a popsicle stick for a sweet snack or dessert.
- Use unsweetened applesauce to make lower fat baked goods. Replace shortening or oils in baking with an equal amount of applesauce plus 1/3 of the oil called for in the recipe.
- Add chopped apples and golden raisins to chicken salad for a healthy lunch.



Nutrition Facts

Serving Size: 1/2 cup apples, sliced (55g)
Calories 28 Calories from Fat 0

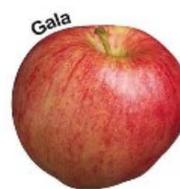
	% Daily Value
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 8g	3%
Dietary Fiber 1g	5%
Sugars 6g	
Protein 0g	
Vitamin A 1%	Calcium 0%
Vitamin C 4%	Iron 0%



Fuji



Granny Smith



Gala

How Much Do I Need?

- A 1/2 cup of sliced apples is about one cupped handful. This is about the size of half of a small apple.
- A 1/2 cup of sliced apples is a source of fiber.
- Fiber helps you feel full, helps keep your blood sugar level normal, and helps to avoid constipation. It is found only in plant foods.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day



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

Why Choose Locally Grown Apples?

Eating local food helps to support local farmers and grocery stores—it's good for your health and good for your community!



Shopper's Tips

- Look for apples that are smooth, firm, and have stems. Avoid apples with bruises or spots.
- Store apples at room temperature for up to one week. Or, refrigerate apples for up to three months.
- Do not refrigerate apples in closed bags.
- To keep apples from browning, prepare fresh apple dishes just before serving. Or, pour 100% apple juice over fresh apples.

Let's Get Physical!

Make physical activity fun and social! Grab a friend and walk around the mall, to the park, around the neighborhood, or after dinner! In the evenings, make time to be active as a family by riding bikes, or having a dance contest.

For more physical activity ideas, visit: www.kidnetic.com



HERE ARE SOME EASY WAYS TO ADD APPLES INTO YOUR DIET:

-  Slice and chop apples to add as a topping to your salad.
-  Slice apples and dip in peanut butter for a healthy snack.
-  Add apples as an ingredient in a smoothie.

Fresh Apples with Cinnamon Yogurt Dip

This is a great after-school snack that kids can help prepare.

Yield: 4 servings

Ingredients:

- *1 large apple
- *1 cup low-fat vanilla yogurt
- *1/2 teaspoon cinnamon

Directions:

- *Core and slice apple.
- *Mix yogurt and cinnamon in a small bowl.
- *Scoop 1/4 cup yogurt into individual bowls. Serve with 3-4 apple slices.

Nutrition Information: 120 Calories; 1g Total Fat; 0g Saturated Fat; 26g Carbohydrate; 5mg Cholesterol; 3g Dietary Fiber; 35mg Sodium

CRUNCHY * SWEET * JUICY * DELICIOUS * RED * GREEN * SHINY * SMOOTH * HEALTHY * YUMMY

WSU extension programs and employment are available to all without discrimination. Evidence of noncompliance may be re-reported through your local WSU Extension Office. This material was funded in part by USDA's Supplemental Nutrition Assistance Program. S.N.A.P. provides nutrition assistance to people with low income; it can help you buy nutritious food for a better diet. To find out more, contact <http://foodhelp.wa.gov> or Basic Food Program at 1-877-501-2233. Reasonable accommodations will be made for persons with disabilities and special needs who contact Valerie DeKok at 360-428-4270 or vdekok@wsu.edu at least two weeks prior to the event.

