



Harvest of the Week

Volume 1, Issue Apple

Health and Learning Success

Healthy eating can help with your child's success at school. Eating the recommended amount of fruits and vegetables can help kids to do better. **Harvest of the Week** helps your family explore, taste and learn about eating more fruits and vegetables and being active every day.

Let's Get Physical!

Does your school have a Walking School Bus? Walking to school is a great way to be physically active.

Take a family walk after dinner.

Visit: www.kidnetic.com for more activity ideas.

Fun Facts

2500 apple varieties are grown in the United States; more than 7500 varieties are grown worldwide.

Apples float in water because they are 25% air.

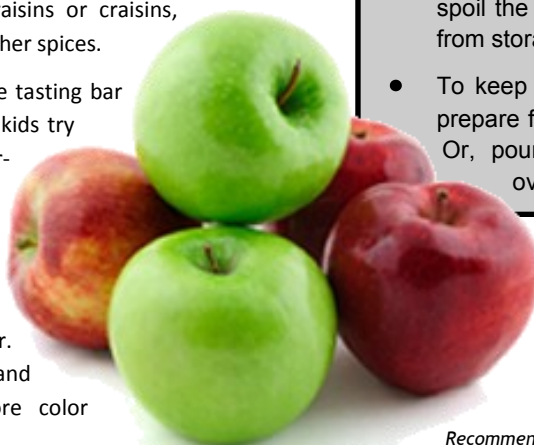
Apples are a member of the rose family.

The largest apple ever picked weighed 3 pounds.

Apple

HELP YOUR CHILD EAT HEALTHY

- Crunch into a delicious whole apple at snack time, mealtime or on the go!
- Try different varieties of applesauce—smooth, chunky, with raisins or craisins, cinnamon or other spices.
- Set up an apple tasting bar and have your kids try as many different varieties as you can find.
- Enjoy sliced apples with peanut butter. Add carrots and celery for more color and variety.



PRODUCE TIPS

- Look for apples that are firm and do not have bruises or soft spots.
- Store apples at room temperature for up to a week. Or, refrigerate for up to one month.
- One bad apple—undetected, really can spoil the bunch. Remove damaged fruit from storage immediately.
- To keep apples from browning, cut and prepare fresh dishes just before serving. Or, pour 100% lemon or apple juice over fresh slices.

HealthWise

Recommended daily amount of fruits and vegetables:

	Children, Ages 5-13	Teens and Adults
Fruits	1 – 1 ½ cups	1 ½ – 2 cups
Veggies	1 ½ – 2 ½ cups	2 ½ – 3 cups

- ✓ Ask your child what he/she learned about apples at school.

GOLDEN APPLE OATMEAL

Makes 1 serving

Ingredients:

- 1 Golden Delicious Apple
- 1/3 cup apple juice
- 1/2 cup water
- Dash of cinnamon
- Dash of nutmeg
- 1/2 cup quick-cooking rolled oats, uncooked



Directions:

1. Combine apples, juice, water and spices; bring to a boil.
2. Stir in rolled oats; cook 1 minute.
3. Cover and let stand several minutes before serving.

Source: www.app.nccd.cdc.gov—Fruit and Vegetable Recipes

Apple Nutrition Facts	
Serving Size	1 large apple
Calories 130	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0g	0%
Sodium 0mg	0%
Total Carbohydrate 34g	11%
Dietary Fiber 5g	20%
Sugars 25g	
Protein 1g	
Vitamin A 2%	Vitamin C 8%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet.	