

**Nutrition Education
OKCPS Fresh Fruits and Vegetable Program**



Baby Gala Apples

- ◆ **There are over a thousand different types of apples**
- ◆ **Gala Apples are a cross between Golden Delicious and a Kids Orange Red Apple.**
- ◆ **Galas are one of the most grown apples in the world and the second favorite apple in the United States.**
- ◆ **Your skin benefits when you eat apples, thanks to a few B vitamins and also to Vitamin C.**
- ◆ **Crunching on an apple provides your body with fiber.**

Nutrition Education Sheets are also available on-line. From the district website open the SNS site and click on Fresh Fruit and Vegetable tab. Upcoming fruits and vegetables are listed, as well as videos and more.