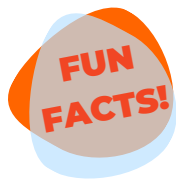


# HARVEST OF THE MONTH

F2SFREDERICK.ORG



## Apples



Juicy, crunchy, and crisp! Apples are a delicious and nutritious year-round treat. Did you know that most of the fruit's fiber and antioxidants are found in the peel? Are you interested in growing apples at home? Look out for dwarf varieties at your local garden center.

### NOTABLE NUTRITION

Apples are a good dietary source of:

Vitamin C, a water-soluble vitamin. Vitamin C is an antioxidant that helps support a healthy immune system. To boost your child's intake of iron, pair foods high in iron with foods high in Vitamin C.

Dietary Fiber. Foods high in fiber are whole grains, fruits, and vegetables. Fiber helps control blood sugar, improves cholesterol levels, and is good for gut health. Foods that are high in fiber also keep us feeling full for longer, which may help us control our weight.

### LET'S EAT! CAFETERIA CONNECTIONS

1

Offer apples as one of the two kinds of fruit on your service line.

2

Display apples in an attractive bowl or basket alongside other whole fruit.

3

Apples are an easy fruit to run a taste test with, just slice and go!

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## TASTE TEST IDEAS

Have students different try apples in different processed forms, like fresh, dried, and cooked!

To honor and recognize your school's nutrition staff, run your apple taste test during Maryland's Hear the Maryland Crunch! celebration. this campaign highlights the importance of the School Breakfast Program!

## PICK, STORE, PREPARE

Apples should feel firm to the touch and clear of any blemishes, like brown spots or insect holes.

When apples are individually wrapped and stored in the crisper drawer of your refrigerator, they can last for 6-8 weeks!

Apples taste great raw or baked. Try adding fresh sliced apples to your next salad, or making fresh applesauce in the microwave! Jonagold, honeycrisp, braeburn, and pink lady apples are some of the best apples for baking.



## USDA DAILY VEGETABLE RECOMMENDATIONS

### CHILDREN

2-4 YRS 1 - 2 CUPS

5-8 YRS 1.5 - 2.5 CUPS

### GIRLS

9-13 YRS 1.5 - 2 CUPS

14-18 YRS 2.5 - 3 CUPS

### BOYS

9-13 YRS 2 - 3.5 CUPS

14-18 YRS 2.5 - 4 CUPS