



THIS MONTH'S NUTRITION EDUCATION SNACK IS APPLES!

IN CLASS, WE LEARNED THAT APPLES ARE A FRUIT!

WE KNOW THIS BECAUSE...

FRUITS CONTAIN SEEDS WHILE VEGETABLES DO NOT!

**IN ADDITION, WE DISCOVERED THAT APPLES ARE HIGH IN
FIBER AND VITAMIN C.**

**FAMILY
ACTIVITY**

**DISCOVER EXCITING
FALL ACTIVITIES AT
DITMARS ORCHARD:
PICK YOUR OWN APPLES
AND PUMPKINS!**

**\$10 ADMISSION
REQUIRES TO ACCESS
U-PICK FIELDS
3 & UNDER ARE FREE!**

HOURS

**TUES - SAT
10AM - 6PM**

**SUN
11AM - 5PM**

**19475 225TH STREET
COUNCIL BLUFFS, IA 51503**

INGREDIENTS

- 3 CUPS CABBAGE
 - FRESH SHREDED
- 1 1/2 CUPS CARROTS
 - FRESH SHREDED
- 1-2 APPLES
 - FRESH SKIN ON SLICED
- 1/4 CUP SUNFLOWER SEEDS
 - KERNELS
- 1/4 CUP CRANBERRIES
 - DRIED

DRESSING

- BALSAMIC VINEGAR
- CHEF'S CHOICE



STEP - BY - STEP

- 1** CHOP APPLES INTO
1/2 INCH PIECES.
- 2** SHRED CABBAGE INTO
THIN STRIPS
- 3** CUT CARROTS INTO
SMALL PIECES
- 4** TOSS ALL SALAD
INGREDIENTS IN A
SALAD BOWL
- 5** TOSS WITH DESIRED
DRESSING WITH SALAD
INGREDIENTS TO COAT.

