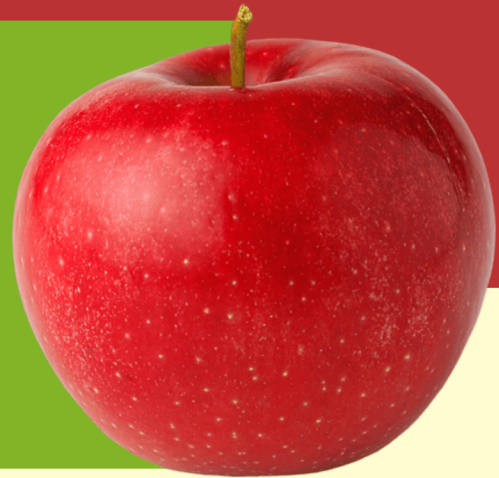


# Nutrition Ed. Newsletter



## Healthy Highlight: Fiber



Apples are a great source of fiber, especially when you eat the peel. Fiber helps keep your tummy feeling full and happy by slowing down digestion and giving you lasting energy. It also helps keep things moving in your body, which is great for your gut health. That is why apples make such a smart, satisfying snack – crunchy, sweet, and good for your body!

## How to Help Your Child Cut an Apple at Home

Using an apple slicer is a quick and easy way to get started! First wash the apple, then place it on a cutting board and press down with the apple slicer to create even slices. Once the apple is sliced, your child can safely use a butter knife to cut the slices into smaller pieces. It's a great way to get kids involved in the kitchen while building confidence with safe cutting tools!



Try it out! – Your whole family is sure to love this recipe!

**Crunch Apple Salad** is a colorful, tasty snack kids love! Just toss together a bag of shredded cabbage, two freshly shredded carrots, two sliced apples, a handful of sunflower seeds, and a handful of dried cranberries in a big bowl. Mix it all up and add your favorite dressing – students suggest ranch or balsamic vinaigrette. It's crunch, sweet, and full of fiber and flavor!