DID YOU KNOW?

SEPTEMBER IS APPLE MONTH

FACT #1

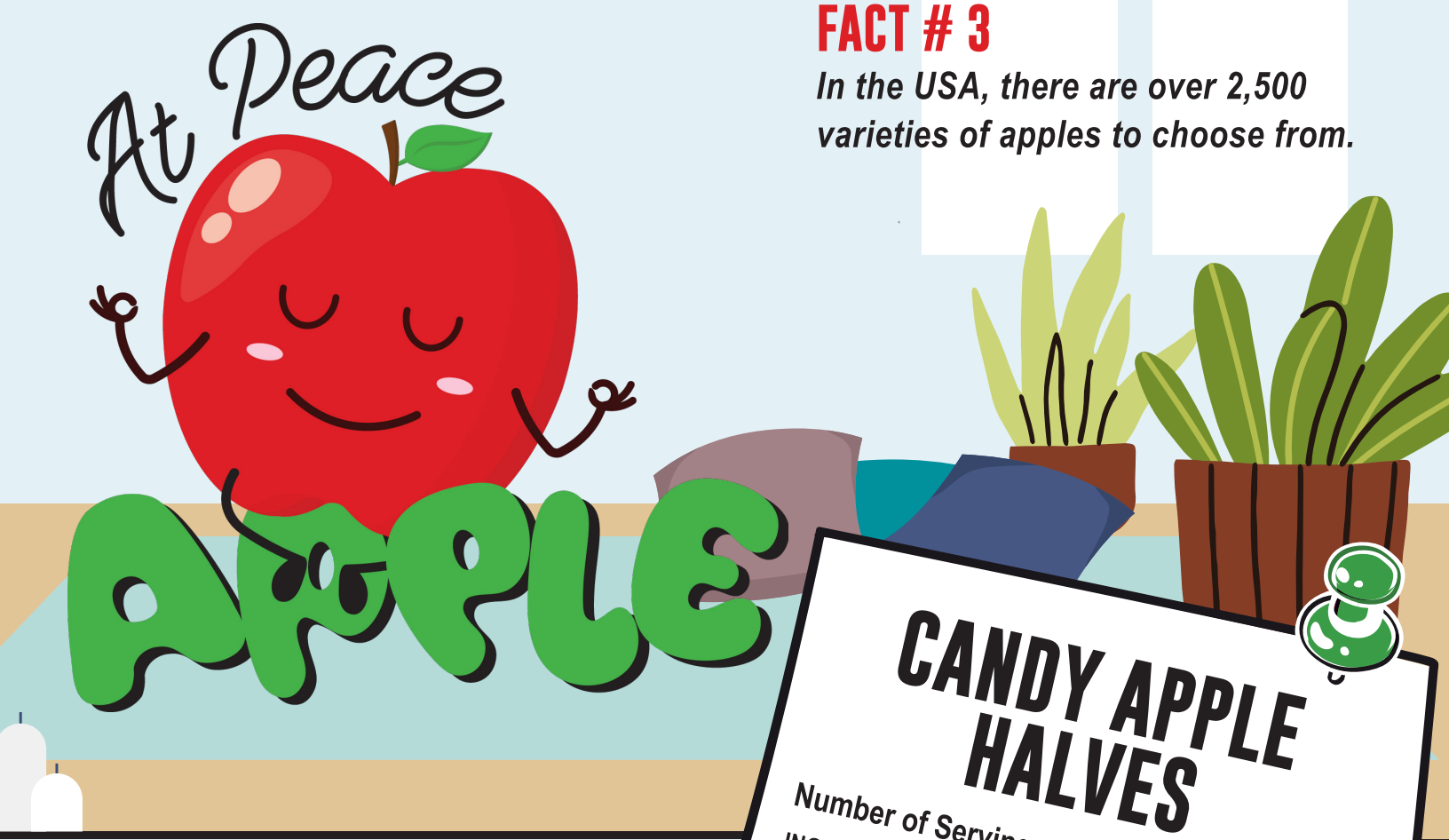
Apples are a good source of fiber, which can help us feel fuller longer.

FACT #2

Squeeze some lemon juice on your sliced apples to keep them from turning brown.

FACT # 3

In the USA, there are over 2,500 varieties of apples to choose from.



RECOMMENDED DAILY AMOUNT OF FRUITS & VEGETABLES

	VEGETABLES	FRUITS
Children, Ages 4-8	1 ½ cups	1 –1 ½ cups
Children, Ages 9-13	2- 2 ½ cups	1 ½ cups
Teens, Ages 14-18	2 ½ - 3 cups	1 ½ - 2 cups

CANDY APPLE HALVES

Number of Servings: 1 • Serving Size: 1 apple

INGREDIENTS:

- 1 APPLE
- 1 TSP RED GELATIN MIX

DIRECTIONS:

1. SLICE APPLE IN HALVE AND REMOVE CENTER/SEEDS
2. PLACE 1 TSP JELLO ON APPLE HALVES AND SERVE