# Wellness Newsletter

## SHORELINE PUBLIC SCHOOLS

Cafe Shoreline
Eat Well. Learn Well. Be Well.






## Taste Washington Day: Apple Crunch

Fall in Washington means apple season! Each year, schools across the state celebrate local agriculture through Taste Washington Day in honor of National Farm to School Month. This provides an opportunity to highlight Washington-grown foods and connect students with farmers and producers in our communities.

This year, the Great Washington Apple Crunch takes place on October 7 at 12:00 p.m. Schools can join the celebration by enjoying a Washington apple and taking part in a statewide "crunch"!

Washington is one of the country's leading apple-growing regions, with over 30 varieties of apples grown throughout the state. From sweet Honeycrisp to tart Granny Smiths, different varieties offer something for every taste.

Apples are also a nutritious addition to meals and snacks. They provide fiber and vitamin C, and their natural sweetness and portability make them a great choice for school lunches, snacks, and recipes.

Whether it's a crisp bite at lunch or your favorite apple recipe at home, fall is a great time to enjoy Washington apples!

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# Seasonal Recipe: Apple Cookies

Yield: 18 cookies  Prep Time: 20 min, Total time: 40 min

Looking for a fun way to enjoy Washington apples this fall? Try these apple cookies! Made with apples, raisins, walnuts, and warm spices, they are a simple seasonal treat the whole family can enjoy.

**Ingredients**

Parchment paper

(Dry)

- 1 c. whole wheat white flour
- 3/4 tsp. baking powder
- 1 tsp. cornstarch
- 1 tsp. ground cinnamon
- 1/8 tsp. salt
- 1/4 tsp. ground nutmeg
- 1/4 tsp. ground ginger
- 1/4 cup sugar, brown, lightly packed
- 1/2 cup walnut pieces
- 1/2 cup apple, peeled, diced
- 1/2 cup raisins

(Wet)

- 2 Tbsp. butter, unsalted, melted
- 3/4 cup applesauce, unsweetened
- 1 tsp. vanilla extract
- 1/4 cup honey

**Directions**

1. Wash and sanitize hands, utensils, and all equipment to be used.
2. Preheat oven to 350 degrees F.
3. In a large bowl, combine all dry ingredients.
4. Melt butter and allow to cool slightly.
5. In a medium bowl, mix together all wet ingredients. Add this creamed mixture to the dry mixture to form cookie batter.
6. Scoop into balls, about the size of 2 Tbsp.
7. Place on a cookie sheet lined with parchment paper. Bake 15-17 minutes. Allow to cool.

Nutrition information (approximate per slice, 49.6g): 98 kcal, 3.56 g total fat, 1.02 g sat fat, 38.4 mg sodium, 1.7 g protein, 17 g total carbs, 1.3 g fiber, 10.42 g sugar
Recipe in TUSS Team Up for Smart Snacks Challenge Recipe Booklet * Child Nutrition & Wellness, Kansas State Department of Education.
https://schoolnutrition.extension.illinois.edu/uploads/resources/breakfast-and-baked-goods-recipe-packet-601479584802e.pdf





## Ingredient Insight: Apples

Crisp, tart, sweet, or juicy, there's an apple for just about every taste! Washington grows more apples than any other state in the country, making apples an important part of our state's agriculture. With thousands of apples grown around the world, apples can be enjoyed in many ways, from a crunchy snack to a warm fall recipe.

Apples are a naturally sweet source of fiber and vitamin C. Much of an apple's fiber is found in and just beneath the peel, so keeping the peel on when eating an apple can help you get more fiber. Fiber helps support digestive health and can also help you feel satisfied after eating.

Apples also contain polyphenols, naturally occurring plant compounds that contribute to the color, flavor, and potential health benefits of fruits and vegetables. Different apple varieties contain different amounts and combinations of these compounds, giving each variety its own unique flavor and characteristics.

Try something new!
Match the apple to the recipe:

- Crisp and sweet: Try Fuji, Gala, or Honeycrisp for a snack.
- Tart and firm: Try Granny Smith in salads or baked recipes.
- Soft and sweet: Try Golden Delicious in applesauce or baked dishes.

Source: https://nutritionsource.hsph.harvard.edu/food-features/apples/

## Family Meals: More Than Just A Meal

Family meals do not have to be complicated or take a lot of time. Family meals are about more than just eating. Sharing meals together can support healthy eating habits, communication, and emotional well-being while giving families an opportunity to connect and spend quality time together.

**Benefits of Family Meals**

Regular family meals can:

- Support healthy eating habits: Children have more opportunities to see and try a variety of foods.
- Encourage communication: Mealtime gives children a chance to talk, listen, and share about their day.
- Support emotional well-being: Spending time together can help children feel connected and secure.
- Reduce distractions: Turning off phones, televisions, and other screens allows families to focus on each other.

**Get Kids Involved**

Kids can be part of mealtime from start to finish:

- Help plan a meal or choose a recipe.
- Wash fruits and vegetables.
- Measure or mix ingredients.
- Set the table.
- Help clean up.
- Prepare a favorite family recipe or start a new food tradition.

**Keep It Simple:**

Family meals do not need to be fancy! Try these simple ideas:

- Plan meals ahead when possible.
- Include at least one fruit and one vegetable.
- Serve foods your family enjoys alongside foods they may be trying for the first time.
- Use fresh, frozen, or canned fruits and vegetables.
- If dinner is difficult, try another meal or snack as a time to sit down together.
- Turn off phones, televisions, and enjoy your time together!

Source: American Academy of Pediatrics




## Wash Your Produce!

Fresh fruits and vegetables are an important part of healthy meals and snacks, but they should be handled safely before eating. Even produce that looks clean should be washed before it is prepared or eaten.

**Wash Before You Eat**

- Wash fresh fruits and vegetables under running tap water before eating, cutting, or cooking them.
- Wash produce even if you plan to peel it. Anything on the outside can be transferred to the inside when cutting.
- Scrub firm produce, such as apples, carrots, and potatoes, with a clean produce brush when appropriate.
- Do not use soap, detergent, or bleach to wash produce. Clean running water is all you need!
- Choose produce that is not bruised or damaged when possible.
- Dry washed produce with a clean paper towel.

Source: https://extension.wsu.edu/foodsafety/2016/04/29/washing-fresh-produce/

## Mindfulness Moment: 5-4-3-2-1

Taking a mindful moment can help us slow down, refocus, and take a break from the busy parts of our day. Even a few minutes of mindfulness can help reduce stress, improve focus, and bring our attention back to the present moment. Take a slow breath and enjoy the moment.

Try the 5-4-3-2-1 Grounding Activity!

- 5 things you can see:
  - Look around and notice 5 things in your surroundings.
- 4 things you can touch:
  - Notice 4 things you can feel, such as your clothes, the chair, or the ground beneath your feet.
- 3 things you can hear:
  - Pause and listen for 3 different sounds.
- 2 things you can smell:
  - Notice 2 different scents around you, such as a flower, food, or the fresh air.
- 1 thing you can taste:
  - Focus on 1 taste or flavor in your mouth.



## Keep Moving: Ideas for Family Activities During Fall

Fall often has some of the best weather of the year in Shoreline. The air is crisp, the sun is out on many of the days and the leaves are beautiful! Here are some ideas to keep the family active as the seasons change.

- Bike rides: Both the Interurban and the Burke-Gilman have miles of paved riding trails. Green Lake Park in Wallingford is a nice 3 mile loop.
- Go for an in-town forest walk. In-City Walks for Families
- Check out a pumpkin farm and walk the corn maze or play in the hay. Local Pumpkin Farms
- Head to a family-friendly fall festival or do some apple picking. Family Fall Festivals
- If you are feeling cozy, try an online yoga class with your child. Cosmic Kids has a fun lineup on YouTube. Cosmic Kids Yoga

# Community Calendar: Fall and Winter 2026/27

Here are some neighborhood and community events to check out for family fun this season!

- Neighborhood walks: Several neighborhood walks are organized and posted on the Shoreline Events Calendar. Shoreline Neighborhood Walks
- Hamlin Halloween Haunt: Friday, October 16, 5:30pm-8:30pm
- Free Entry into National Parks: October 27 and November 11
- Dia de Los Muertos Celebration: Friday, October 30 at Spartan Recreation Center
- Shoreline Farmers Harvest Market: Saturday, October 31, 10am-2pm at 192nd St and Aurora Ave N
- Craven Farm Fall Festival and Pumpkin Patch: Wednesday-Sunday, September 19-November 1, 10am-6pm in Snohomish
- Veterans Day Celebration: Friday, November 11, 3pm at the Shoreline City Hall
- Greenhouse Winter Market: Saturday-Sunday, November 14-15, 10am-5pm at Sky Nursery
- Holiday Craft Market: Saturday, November 23, 10am-4pm at Shoreline City Hall, lower level
- ShoreLights: Thursday-Saturday, December 3-January 2 at Park at Town Center
- Parade of Boats: Friday, December 11, 8pm. Argosy Cruises hosts the Parade of Boats annually, where you can watch brightly decorated boats travel through Lake Union, Lake Washington, and the Puget Sound. You can find your favorite spot to watch the parade or attend the official viewing party at Evanston Plaza.
- Cedar River Salmon Journey: Saturday-Sunday, October 3, 10-11, 17, 24, 10am-2pm. Cheer on the spawning salmon as you spot them from four locations along the Cedar River. (Renton Library, Cedar River Park, Riverview Park, and Belmondo Reach). Learn from naturalists, who will be on hand on select weekends. Cedar River Salmon Journey
- Find more local family-friendly activities on the City of Shoreline events calendar. Local Activities Calendar






# On the Horizon: Envision Shoreline

The 2025-26 school year showed encouraging progress across Shoreline School District, including improvements in early literacy, attendance, graduation rates, and school safety. This year, the district will continue building on that work through Envision Shoreline, its strategic plan for supporting students academically, socially, and emotionally.

Some of the work ahead includes expanding Multi-Tiered Systems of Supports (MTSS), strengthening literacy instruction, and continuing restorative practices and PBIS to support positive, connected school environments. At the elementary level, students will also begin learning with the district's new Fishtank Learning English Language Arts curriculum.

As the school year continues, we look forward to building on this progress and supporting student success across the district!





