

FALL FRUITS & VEGGIES

Building Healthy Habits: Food and Community Nutrition



QUICK TIPS

Apples

September is the start of apple picking season in NY. Did you know that NY grows more apple varieties than any other state! Apples are a healthy choice especially to aid with digestion. They contain over 20% of your daily fiber needs and helps lower blood cholesterol and control blood sugar levels. One apple also contains 8% of Vitamin C and 7% of potassium daily needs.

Kitchen Tips for Apples:

- Choose apples that are firm with no soft spots or wrinkled skin. They should make a “snap” sound when cut with a knife or bitten.
- Apples can be stored in the refrigerator for up to 20 days or on the counter for up to 7 days.
- Wash under cold water before eating
- Dip or coat sliced apples with 1 part lemon juice to 3 parts water to prevent browning

Visit www.applesfromny.com to find local orchards, cideries and more places to pick your own. You can also see which apples are in season and view their taste on a sweetness scale.



**Cornell
Cooperative
Extension**

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Apple Cinnamon Wrap

Makes 8 servings

3 tbsp sugar

1 tsp cinnamon

2 apples (2 cups, finely chopped)

1/3 cup low-fat vanilla yogurt

4 6-inch whole wheat tortillas

2 tsp vegetable oil

Cooking spray

Directions:

1. Mix sugar and cinnamon in small bowl
2. Wash and finely chop apples, place in medium bowl
3. Add yogurt to apples, stirring to mix
4. Lay tortilla flat, lightly spray with cooking spray, sprinkle with spoonful of cinnamon sugar
5. Flip tortilla and use 1/4 of apple mix, fill half of tortilla and fold over other half
6. Heat oil in pan on medium, place folded tortilla in pan, cook for 1 minute

Kids

Nutrition Facts for half tortilla: 120 calories, 3g total fat, 1g saturated fat, 0mg cholesterol, 170mg sodium, 21g total carbohydrates, 1g dietary fiber, 10g total sugars, 5g added sugars, 3g protein, 0mcg Vitamin D, 23mg calcium, 0mg iron, 57mg potassium, 23% calories from fat

Source: CHFFF

Corner

Grab some apples and cut into chunks. Kids can help too! Once you have a bowl of apple chunks, grab some tooth picks and have your child(ren) build. The best part is they can snack as they build and you can join in on the building fun! Try building people, houses, or machines.

Please supervise while using toothpick

MEET YOUR EDUCATOR:



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Helpful Hints

Monthly Advice from Educators



<http://www.facebook.com/adoptinghealthyhabits>

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