



September

SNAC News

Wyoming Nutrition Action Coalition

An Apple and a Walk a Day

Applesauce

Serving Size: 1/2 cup

Yield: 10 servings

Time: 35 minutes

Ingredients:

7 apples

1/2 cup water

1/4 cup sugar

Directions:

1. Wash and cut apples in quarters. Leave skin on.
2. Combine apples and water in saucepan. Heat to boiling, then turn heat to low.
3. Simmer 15 to 20 minutes or until apples are tender. Stir occasionally to prevent sticking.
4. Stir in sugar and heat until dissolved.
5. Add 1 Tablespoon cinnamon, stir.

Note: Brown sugar can be used instead of white.

Per Serving:

Cost: \$0.25

Calories: 70

Fat: 0g

Fiber: 2g

Source: Adapted from:
Eating Right is Basic
Nutrition Education Program
Michigan State University
Cooperative Extension Service

Shopping Tips

When to Buy: September through November is the time to buy fresh apples. Most apples are available year round.

How to Select: Purchase apples that are firm, well-colored, have smooth skin and no bruises or gouges.

How to Store: Place apples in a plastic bag and store them in the crisper. If you have a cool, dark place for storage, such as a cold cellar, you can store them there. You can freeze, dry or can apples. Keep a few washed apples ready to eat.

Nutrition Benefits

Apples are rich in pectin, a soluble fiber that has been shown to reduce cholesterol. Pectin appears to target "bad" cholesterol (LDL) according to recent tests. It is also said to reduce blood pressure. And it keeps your brain in shape!

Apples are full of vitamins and minerals. There is no significant variation in nutrients among the different types of apples. Most health benefits are found when eating the skin along with the flesh, so don't toss the peel!

Make half your plate fruits and vegetables! Enjoy your food, but eat less. Avoid oversized portions.



Wyoming SNAC is a coalition of USDA Food and Nutrition Service agencies including the University of Wyoming Cent\$ible Nutrition Program, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health Women Infants and Children (WIC) and Diabetes Prevention and Control Programs.

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Activity Ideas

Walk each day! Put on comfortable shoes and clothing, and GO! Begin with short distances, maybe 5-10 minutes, and gradually walk more. Keep your head up, tuck that tummy in, and relax those shoulders. If you get out of breath, slow down or stop.

Source: Fit Facts™ from the American Council on Exercise® (ACE®)

Apple Hide and Seek. Take turns hiding an apple and have the children find it. Tell them if they are “hot” (close) or “cold” (further away).

Apple Relay. Tie a different activity tag onto the stems of apples, such as skip, crawl, run, or walk backwards. Have enough for each person to have one. Put the apples in a basket and race to the basket, pick one, and do the activity! Eat the apple at the finish line.

Source: <http://www.kidsactivities.net/category/Theme-Apples.aspx>

Comments On How to Dry Apples

How to dry apples

Wash apples and remove bruises or soft spots. Cut the apple and take out the core. Slice apples thinly. Leave the skin on for fiber.

Preheat oven to 150 degrees F (or the lowest setting if your oven doesn't go that low).

Place apples in one layer on a cookie sheet. It takes 10 to 20 hours to dry, depending on the water content of the apples and thickness of the slices. Turn them over periodically. Dry them at least to the consistency of a raisin. You can dry them more to keep longer.

Remove from oven, cool. Place in air tight bags, removing any air pockets. Keep in a cool, dark place for 6 to 9 months. For longer storage keep them in the freezer.

For more information call:

Supplemental Nutrition Assistance Program 800-457-3659

Wyoming Department of Education Nutrition Programs 307-777-6263

University of Wyoming Cent\$ible Nutrition Program 877-219-4646

Wyoming Department of Health Women, Infant, and Children (WIC) 800-994-4769