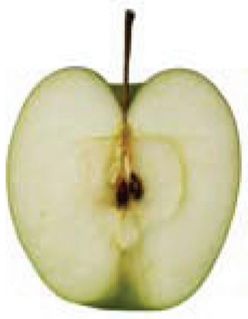
Eat an Apple

Snack Idea:

For a serious yum factor, dip apple slices in peanut butter or yogurt.

Health Tip:

Apples keep your smile looking beautiful!



Produce Tip:

Refrigerate apples to slow ripening.

For CalFresh information, call 530-225-5767. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.
•California Department of Public Health

Network for a Healthy California Harvest of the Month

cal fresh BETTER FOOD FOR BETTER LIVING

CHAMPIONS for CHANGE Network for a Healthy California