

Eat an Apple



Snack Idea:

Mix apple chunks in your oatmeal.



Produce Tip:

To prevent browning, pour 100% apple juice over fresh apple slices.



Health Tip:

Apples contain fiber that can help keep your blood sugar levels normal.



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



Harvest
of the
Month

