

Building Healthy Habits: Food and Community Nutrition

For more information about this and other Herkimer County programs, call 315.866.7920

Produced by Cornell Cooperative Extension September 2023

Fall Fruit: 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.

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

EFNEP is a free program helping families with children eat better for less.

Learn how to:

- Save \$\$ on grocery bills and stretch your food dollars
- Prepare low-cost quick and healthy meals
- Keep your family healthy by staying active and eating right

Who is eligible for this program?

Families with children ages 19 and under (or pregnant) who are participating in WIC, SNAP, Head Start, Medicaid, free or reduced price school lunches

If you or your organization are interested in scheduling classes, please contact:

Cornell Cooperative
Extension Herkimer County
5657 State Route 5
Herkimer NY 13350
315.866.7920
herkimer@cornell.edu

For more information about EFNEP in Herkimer Co. see: <https://bit.ly/CCEHCEFNEP> or scan the QR code below:



This material was funded by the USDA's Expanded Food and Nutrition Education Program.

KORNER IDS

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

Apple Cinnamon Wrap

Makes 8 servings ~ Serving size: 1/2 tortilla

Ingredients

- 3 Tablespoons sugar
- 1 teaspoon cinnamon
- 2 apples (2 cups, finely chopped)
- 1/3 cup low-fat vanilla yogurt
- 4 6-inch whole wheat tortillas
- 2 teaspoons 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, flip and cook second side.
- 7 Remove from pan and cut in half, repeat.

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: Choose Health: Food, Fun and Fitness (CHFFF)