

September Wellness Facts

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Fall Produce

Now is a great time of year to provide more fruits and vegetables for your children. We are fortunate to have many farm markets in Lorain County. Or, you may have fruits and vegetables in your own back yard. Fruits and vegetables in season are inexpensive to provide for your family.

Fall is the perfect time to try the many varieties of Ohio apples. Select firm apples, free of bruises, decay, broken or shriveled skin. Apples contain small amounts of vitamins A and C, thiamin, iron and calcium. A medium apple contains approximately 75 calories.



Homemade Applesauce

Make your own homemade applesauce by peeling, coring and slicing the apples. Place them in a pan, cover with water. Simmer until the apples are tender. As they soften, add cinnamon candies to desired taste. Use one apple for every two people.

Apple Salad

3 medium apples (unpeeled), cut in chunks
1/2 cup crushed pineapple, drained
1/4 cup celery, diced
2 Tablespoons raisins
3 Tablespoons plain low-fat yogurt
2 teaspoons lite mayonnaise
1 Tablespoon pineapple juice
1/8 teaspoon cinnamon

Combine apples, pineapple, celery, and raisins. Mix yogurt, mayonnaise, pineapple juice, and cinnamon together

and blend into other ingredients.
Calories: 115 per 1 cup serving.

Keeping Active

As school starts and your children are experiencing a change in routine, make sure they are getting at least 60 minutes of activity each day. Make it a part of their daily routine.

Ride bikes, jump rope, toss a softball, play tag anything that is fun. Make sure the activity is something that you enjoy doing so that you will make it a daily activity.

Break it into short blocks of time if necessary. Doing three 20-minute activities may be easier than taking 60 minutes all at once.



Resource: Ohio State University Fact Sheet Selecting, Storing & Serving Ohio Apples, HYG-5507.

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