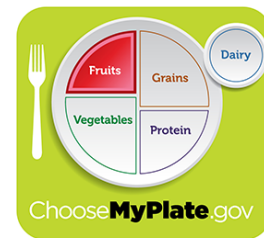


Apples



- Store in fridge for 2–3 weeks
- To preserve quality, keep in the crisper drawer away from other produce.
- Certain apples keep longer than others such as McIntosh, Fuji, Rome and Granny Smith.
- 1/2 large apple, 1 small apple, 1 cup of chopped fresh or cooked apples, and 1 cup apple sauce count as one serving of fruit.



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- Pair apple slices with peanut butter for a nutritious snack.
- Diced apples make a great addition to any green salad, fruit salad, or oatmeal.
- Find recipes to make your own apple sauce or use single serving sizes as a snack during the day or a dessert after dinner.
- Try leaving the peel on your apple to consume more vitamins, minerals and.
- Apples are a quick and easy snack to keep on hand either whole or cut up easy to grab. If you want to keep them cut up for an easier snack, make sure to cut them with a very sharp knife for a clean cut, soak in salt water (about 1/2 tsp. in 4 cups water, for 4-5 minutes) and store in an airtight container.