

APPLE

Scan for videos & resources



**GREATER
CHICAGO**
- FOOD -
DEPOSITORY.

CHARACTERISTICS

- There are many varieties and colors of apples including green, yellow and red. Some apples are tart while others are sweet.
- Select apples that are firm without bruises or damaged skin.
- 1 medium apple contains:
 - 17% of your recommended daily value of fiber to promote healthy digestion.
 - 14% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.



PREPARE

Wash apples before eating. The peel is edible and a good source of fiber. To prevent cut apples from turning brown, dip in mixture of lemon juice and water and then store refrigerated.

Try apples:

- *Raw*, eaten plain, with peanut butter or fruit dip
- *Roasted* with spices (like cinnamon) for a healthy dessert
- *Sliced* and added to a salad

STORE

- Store apples at room temperature for up to one week or in the refrigerator for up to 3 months.
- To freeze: remove core and cut into pieces. Freeze in a plastic bag or container for up to 1 year. Frozen apples are good in recipes that require cooked apples.