

SNACK FACTS

Don't forget to wash your hands before you eat!
Handwashing is one of the simplest and best ways to stay healthy and prevent spreading germs.

APPLES

Are apples grown in Ontario?

- YES!
- Ontario produces 13 varieties
- The most popular is the MacIntosh

The apples sent to your school were grown in Thornbury and Simcoe, Ontario

When are apples grown?

- Different varieties peak any time from August to April.

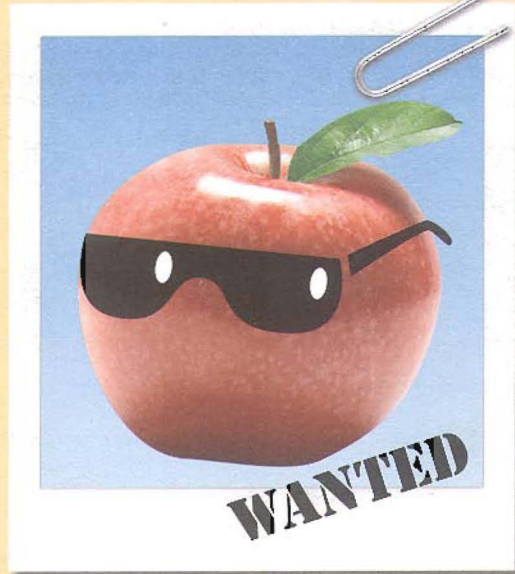
How are apples used?

- As a quick and nutritious snack
- For sauces like apple sauce
- To make 100% apple juice or apple cider in the fall
- For special desserts like pies, crumbles and cobblers

Did you know?

- Apples are a source of Vitamin C and fibre.
- You can pick your own apples. Visit www.harvestontario.com/pyo.html to find a pick-your-own farm near you.
- Apple trees can be found all around the world.

APPLES



Vegetables and fruit contain vitamins, minerals, fibre and belong to five different colour groups: red, yellow-orange, green, blue-purple, and white-tan-brown.

Red-skinned apples belong to the red colour group:

- Red vegetables and fruit contain special compounds called *phytochemicals* such as *lycopene* and *anthocyanins* which may reduce some cancers and other diseases.

Reference: *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.* Northern Healthy Eating Project. 2006.



Students:

- Do you know where Thornbury and Simcoe, Ontario are? Can you find them on a map? (Answer on back)

Parents:

- Unsweetened apple sauce can be used instead of oil in baking or as a great complement to chicken and pork dishes.

Teachers:

- For ideas on how to make vegetables and fruit come alive in your school/class, refer to *Paint Your Plate! Create a Masterpiece Vegetable and Fruit Action Guide for Schools.*



SNACK FACTS

Apple sauce please!

Children love apple sauce, but is it nutritious? Yes!

Apple sauce is a great way for children to get a serving of fruit and it comes in a variety of different flavours that they will eat right up! When apples are not available, why not serve apple sauce instead?

You can buy individual packages that are quick and easy to add to your child's lunch. Check labels and choose products that say "unsweetened" or "no sugar added."

Food for thought:

- When baking reduce oil by up to 1/3 by replacing with equal amounts of apple sauce or fruit puree.
Source: *Simply Great Food*. Dietitians of Canada. 2007
- When it comes to total dietary fibre:
 - a whole apple with skin = 2.6 grams of fiber
 - unsweetened apple sauce = 1.9 grams of fiber
 - apple juice = 0.3 grams of fiber.

Eating Well With Canada's Food Guide recommends choosing whole vegetables and fruit more often.

Source: *Nutrient Value of Some Common Foods*. Health Canada. 1999

Raisin-Apple Tortilla Roll-Ups

Ingredients:

- 1 apple
- 2 tbsp (25ml) low-fat cream cheese, softened
- 2 tsp (10ml) liquid honey
- 1/2 cup (125ml) raisins
- 4 6-inch (15 cm) whole wheat tortillas
- 1/4 tsp (1ml) ground cinnamon
- 1/2 tsp (2ml) granulated sugar



Preparation:

1. Use a knife to core and finely chop the apple.
2. Measure out cream cheese and honey and combine them in a small bowl. Measure out raisins and stir in. Stir in apples. Divide cream cheese mixture evenly among tortillas and spread using a butter knife or spreader. Sprinkle with cinnamon and sugar.
3. Roll up tortillas and secure with toothpicks, if necessary. Place seam side down, one at a time, on a plate.
Optional: Microwave each roll on Medium (50%) for 1 minute or until warmed through.

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Where is... Simcoe, Ontario?

Simcoe is a community of approx. 16,000 people in southwestern Ontario, near Lake Erie.

Where is... Thornbury, Ontario?

Thornbury is a small but growing community of about 2,000 people in southwestern Ontario, located on the shores of Georgian Bay.



Remember:

Try to make healthy eating and physical activity a part of your daily routine.



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