

Apples

Harvest of the Month—September

Aa is for apples



There are **red**, **yellow**
and **green** apples.

Apples are good for you!

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

This material was created and approved as an extension to Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information in Tulare County, call 1-800-834-7121. For important nutrition information, visit www.cachampionsforchange.net.



Apples

Harvest of the Month
September



About 2,500 known varieties of apples are grown in the United States.



California ranks fourth in commercial apple production in America.



Apples contain a good source of fiber.



Fiber helps maintain steady blood sugar levels and may help to prevent cancer.

Tulare County Office of Education

Jim Vidak, County Superintendent of Schools

This material was created and approved as an extension to Harvest of the Month produced by the California Department of Public Health, *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information in Tulare County, call 1-800-834-7121. For important nutrition information, visit www.cachampionsforchange.net.