



Apples

MyPlate suggests making half your plate fruits and vegetables.

<http://www.choosemyplate.gov/>

Did you know?

- October is National Apple Month!
- One medium apple contains only 70 calories and is a good source of fiber and Vitamin C!
- The peel of an apple contains a good source of fiber and antioxidants.

Fun Fact!

Apple production is most successful in the High Plains region close to Lubbock.

FIGHTBAC!

Clean: Wash hands and Surfaces Often

Separate: Don't Cross-Contaminate

Cook: Cook to Proper Temperatures

Chill: Refrigerate Promptly

<http://www.fightbac.org/>

What am I looking for?

- Look for apples that are firm without damage.
- Store apples in the refrigerator for up to six weeks.
- Wash apples well before use.
- Avoid apples that lack color or have shriveled skin.