

Oct.

2021



Routines & Chores

"The secret of your future is hidden in your daily routine." - Mike Murdock

You might not think that routine is that important for kids or will play a big role in their development when they are younger—but creating a routine can make an excellent foundation for kids later in life and teach them responsibility along the way. On top of creating a routine, it is important to start giving children "chores" around the house to teach them responsibility and self-reliance.

Importance of Chores & Routine



1

Creates stronger relationships because it teaches kids about contribution and working together as a family.

2

They learn how to manage time, and how to prioritize activities!

3

Helps with brain development, by getting hands-on activities that engage the mind and body!

Healthy Harvest of the Month



We all love a good apple, whether in a pie, crisp, or even just a freshly picked apple from the orchard! In the U.S., there are 2,500 varieties of apple grown, ranging in all colors: reds, yellows, and greens! A fun fact you might not know is that apples are part of the rose family, along with pears, plums, peaches, and cherries! It takes about 4 - 5 years for an apple tree to produce its first apple. When an apple tree does start producing, typically, you can get 20 boxes of apples that weigh about 42 pounds; that's about 840 POUNDS of apples per tree!

Healthy Serving Ideas

- Add apples to your oatmeal at breakfast
- Homemade apple granola bars
- Applesauce muffins
- Homemade applesauce
- Apple chips can be a healthy alternative to regular potato chips

Health Benefits of Apples

- They contain lots of fiber which is great for digestion
- Apples are great for supporting a healthy immune system, containing lots of Vitamin C.
- They are great natural energy boosters
- Great for creating strong teeth
- Keep a healthy heart
- Help with brain health!

Produce Tips

- Store apples in a dark, cold space to make them last longer.
 - the best place would be the crisper draw in your refrigerator
- Keep apples away from other produce as it releases a gas that can speed up the ripening of other produce!
- Not all apples taste the best right after being picked; some apples need picking and resting in stores to fully get all their full flavor and sweetness.
 - Gold Rush and Winesap apples are an example of this.
- Make sure apples feel firm when you are picking them.



SPOOKY Apple Bites

Ingredients

- 2 green apples, each quartered
- Peanut butter
- 32 sunflower seeds or crushed almonds
- 2-3 strawberries, sliced
- 1-2 googly eyes per apple bite

Directions

1. Quarter the apples
2. Cut the middle out of each apple (see picture for reference)
3. Coat the inside with peanut butter
4. Put the crushed almonds or sunflower seeds on the top of the "mouth" as teeth
5. Place one Sliced Strawberry inside as a tongue
6. "Glue" the eyes above the mouth with peanut butter

