



September Family Newsletter



Choosing Healthy Habits Day Planner Theme: **GO, SLOW, WHOA!**

GO foods are lowest in fat and added sugar. They are nutrient-dense, meaning they are better sources of vitamins and minerals. Enjoy **GO** foods anytime! **SLOW** foods are higher in fat, added sugar and calories. These foods should be eaten less often. **WHOA** foods are highest in fat and added sugar. They are calorie-dense and should be eaten only once in a while.



Set
a
goal!

National Healthy Habit Celebrations:

- ✓ Better Breakfast Month
- ✓ Whole Grains Month
- ✓ National Chicken Month
- ✓ National Child Obesity Awareness Month

Healthy Habit Challenge!

Set a goal to eat breakfast every day this month. Include **GO** foods such as fruits and whole grain cereals. Get started by trying the **Apple Wraps** recipe below!

Harvest of the Month: **Apples**

Fun Facts

- ✓ A small **apple** (2 ¼" diameter) counts as 1 cup of fruit.
- ✓ **Apples** are high in fiber and vitamin C.
- ✓ **Apples** are low in calories but very filling; most apples do not have more than 95 calories.



Buying Tips

- ✓ Choose firm, shiny, smooth-skinned apples with intact stems.
- ✓ Refrigerate **apples** in a plastic bag away from strong-odored foods. Use within 3 weeks.



Ingredients:

- 1 large **apple**
- 2 medium, ripe bananas
- 2 tablespoons peanut butter
- 2 (8-inch) whole wheat tortillas

Apple Wraps

Instructions:

1. Rinse and cut **apple** in half, lengthwise. Cut out center core and do not peel
2. Cut **apples** into ¼-inch thick slices. Cut slices into small cubes.
3. Peel bananas. In a medium bowl, use your fingers to break bananas into pieces mash until creamy and smooth
4. Add peanut butter to mashed banana and stir well
5. Spread peanut butter mixture over one side of each tortilla
6. Sprinkle diced **apple** over peanut butter and tightly roll each tortilla
7. Chill up to 24 hours

*Serves 4, ½ wrap per serving. For more information, click here!