



APPLE CRUNCH

Celebrated during National Apple Month, Apple Crunch promotes healthy snacking. This event encourages youth and families to eat apples, and apple products (applesauce, juice and cider) as a healthy snack. An apple is a naturally sweet, crisp and tasty treat full of healthy vitamins and fiber that is good for your body and your teeth.

For more information on bringing healthy choices to life visit:
med.psu.edu/PROwellness