




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.

DATE: _____

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



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