**Snack Healthy with Apple Crunch 202X**

Apples are fun to eat and an easy to grab snack. Crunch an apple on October XX and celebrate Apple Crunch 202X supported by The GIANT Company.

Join [INSERT SCHOOL/ORGANIZATION NAME] as we celebrate Apple Crunch by [INSERT EVENT DETAILS HERE].

It’s important to get at least five servings of fruits and vegetables a day to keep you healthy.

Fruits and vegetables are an important part of a nutritious diet. They are low in calories, high in fiber, and make you feel full. Eating fruits and vegetables also provides children with valuable vitamins and minerals they need for good health. Plus, they’re fun to eat!

Crunch an apple on October 21 and remember to snack healthy every day.

*Apple Crunch is a program of Penn State PRO Wellness. For more information, visit* med.psu.edu/PROwellness.