



We're Celebrating Local Apples! October 19, 2022 | 12:00 noon

Our school is celebrating **National Farm to School month** with an "Apple Crunch" on October 19th at noon! We're joining schools across RI (and the country) by having our students and staff bite into juicy, fresh and healthy apples purchased from local orchards.

We're raising awareness for **RI Farm to School** and the importance of a local food system. Farm to School supports access to local food, creates opportunities for education and health promotion, builds relationships between schools and local farms, and benefits the local economy and environment.

RI Farm to School is a triple WIN! Kids win, farmers win, and communities win. Learn more about RI Farm to School at rifarmtoschool.org



Apple Smiles

- 1 small apple
- 2 tablespoons peanut butter
- 2 tablespoons raisins

- Wash, core and cut apple in half.
- Cut each apple half into 6 pieces.
- Spread peanut butter on one side of each apple slice.
- Place 4 or 5 raisins on top of peanut butter on one apple slice. Top with another slice and press together to make a "smile".
- Repeat with the remaining ingredients.

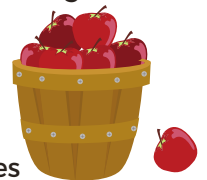


Recipe courtesy of URI SNAP-Ed

FAMILY APPLE FUN

Pick Your Own!

October is a perfect time for **apple picking**! RI has over 25 orchards where you can bring the kids and pick right from the tree.



Many orchards have multiple varieties of trees and farm stands with other fall goodies. Scan below for a list of Pick Your Own Apple Orchards.



All About Apples Word Search

G P K R K L Z V L D E E L N J V S Q
 N A I Y Z P Y W E H P R K L C A E A
 A B L P C G D L O G A N O J I R E E
 P P I A N F I A F R G S B C J I D F
 K E P E V C I J B F S V M G U E S I
 X Q F L I B U D J V Y J B V F T W R
 B D N O E I G S R E D I C S D I Q M
 Y B U K C S G F K F D T K Y L E P T
 I S C Y L H A M C F B R H P F S T S
 H V K Y R U G U K I U K A Y R T G E
 B U S H E L E Y C I R S H H F B X V
 A T I P N Q Z F R E L C R N C R A R
 P A X K I O I G T E N L P M L R P A
 C C F L H N I H E U I Y A Q B N O H
 K O N M R J M P R S T E M D X Q Z D
 G R W U W N J C N K G V O D D M U Q
 D C M N C S J Y U Y G W M N L E R B
 X E A U Z N U T R I T I O U S J R L

FIND & CIRCLE THE 20 APPLE-RELATED WORDS RUNNING HORIZONTALLY, VERTICALLY, OR DIAGONALLY.

- Applesauce
- Bushel
- Cider
- Crunchy
- Delicious
- Firm
- Fuji
- Gala
- Harvest
- Jonagold
- Juicy
- Ladder
- Nutritious
- Orchard
- Peel
- Pie
- Seeds
- Stem
- Varieties

COLORING FUN

