



# MUNCH ON APPLES

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# Munch on apples at home!

- Mix apple chunks into your hot cereal.
- Pair apple slices with cheddar cheese.
- Add thin apple slices to your chicken or tuna sandwich.

## Family Fun: Apple Taste Test

Gather a few apples of different colors, shapes, and sizes. Ask your child how the apples are the same and different. Encourage your child to use their five senses to look at, smell, touch, taste, and hear the crunch of the apples. Share the name of each one. Which apple is his or her favorite today? Use the extra apples to make homemade applesauce!

*Make meals and memories together.  
It's a lesson kids will use for life.*



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