

KIDS CLUB

NEWSLETTER



Welcome to week 12 of our ChopChop Kids Club newsletter! (If you missed the last one, it's [here](#).) This week we're making applesauce. Sure, you can buy applesauce from the store, but it's easy (and so much more fun) to mash it yourself. Plus, you can customize your applesauce by adding other ingredients you may have on hand, such as cranberries, nuts, spices, or even vanilla extract.

Give it a try. We think you'll apple-solutely love it.



Best-Ever (You'll Never Buy Jars Again) Applesauce

This recipe will give you such a good I-can't-believe-I-made-it-from-scratch feeling! Maybe because maple and apple trees grow in the same climate, the two flavors taste delicious together. Eat this plain, spoon it into yogurt, or serve it alongside potato pancakes, roast chicken, or pork chops. And feel free to make more! It's easy to double the recipe.

■ HANDS-ON TIME: 15 MINUTES ■ TOTAL TIME: 45 MINUTES ■ MAKES: 4 SERVINGS

KITCHEN GEAR

Sharp knife (adult needed)
Cutting board
Measuring cups
Measuring spoons
Medium-sized pot
Wooden spoon
Potato masher or fork
Lidded container

INGREDIENTS

- 4 apples (any kind you like),
peeled (if you like), cored, and
diced
- ½ cup water
- 3 tablespoon maple syrup

INSTRUCTIONS

Wash your hands with soap and water, then gather all your equipment and ingredients and put them on the counter.

1. Put the apples, water, and maple syrup in the pot, cover, and put on the stove. Turn the heat to medium-low and cook until the apples are tender (you should be able to stick a fork easily through a chunk), about 30 minutes. Stir every few minutes while they're cooking to make sure the apples aren't sticking. Set aside to cool a bit, about 10 minutes.
2. Mash the apples using a potato masher or fork, then set aside to cool until just warm.
3. Serve right away, or put it in the container, cover, and refrigerate until cold, or up to 4 days.



OR ELSE

- **Chunky Applesauce:** Mash the apples only a little bit.
- **Nutty Applesauce:** Stir ½ cup chopped lightly toasted walnuts or pecans into the cooked applesauce.
- **Cranberry Applesauce:** Add ½ cup fresh or frozen cranberries to the apples before cooking.
- **Rhubarb Applesauce:** Add ½ cup chopped rhubarb to the apples before cooking.
- **Vanilla Applesauce:** Stir 1 teaspoon vanilla extract into the cooked applesauce.
- **Apple Pie Applesauce:** Add 1 teaspoon ground cinnamon and ⅛ teaspoon ground nutmeg to the apples before cooking. Stir 1 teaspoon vanilla extract into the cooked applesauce.



DO YOU HAVE MORE APPLES?

Try one of these recipes.

- **Apple-icious Oat Bars** www.chopchopfamily.org/recipe/apple-icious-oat-bars
- **Apple Crunch** www.chopchopfamily.org/recipe/fall-apple-crunch
- **Nutty Apple Snacks** www.chopchopfamily.org/recipe/nutty-apple-snacks
- **Baked Apple French Toast** www.chopchopfamily.org/recipe/baked-apple-french-toast
- **Apple Pie Smoothie** www.chopchopfamily.org/recipe/apple-pie-smoothie
- **Green Apple Fattoush** www.chopchopfamily.org/recipe/green-apple-fattoush

◀ **Apple Crunch**

Kitchen Skill: How to Slice an Apple

How to use an apple slicer

An apple slicer turns a whole apple into easy-to-eat slices with just a single push. It might be tricky the first time, but it gets easier with practice.

1. Put the apple on a cutting board, stem side up.
2. Line up the apple slicer so that the circle in the middle sits evenly around the stem.
3. Push down hard and evenly until the cutter reaches the cutting board. Now you have wedges to eat—and a core, which you can throw away or compost. If you're following a recipe that calls for chunks or thin slices, then cut the wedges into smaller pieces.



How to core and cut up an apple without a gadget

No apple slicer? No problem! There are lots of ways to cut up an apple and get rid of the core, but this is the easiest.

1. Put the apple on the cutting board, stem side up, and cut down through the apple alongside the stem and center—close to where you think the core is. You'll make a large slice.
2. Place the cut side down on the cutting board and slice down again, near the center, to make another slice. Turn the apple and cut again down next to the core.
3. Turn the apple so that you can cut off the one remaining, smallish slice.
4. Slice the pieces into whatever size you want.





ALL ABOUT APPLES

KITCHEN SCIENCE

Cut apples turn brown because of a process called oxidation, where the injured cells of the fruit react with the air. Acid slows down this reaction, which is why a squeeze of lemon over your lunchbox apple slices will keep them fresher-looking for longer. Can you invent an experiment with apple slices to show that this is true?



Another way to keep an apple from browning is to cut and core it, then put the pieces back together like an apple puzzle and use a rubber band to hold them together.



GET MOVING: RED LIGHT, GREEN LIGHT

Apples come in many colors, but the most popular are red, yellow, and green—just like the colors on a traffic light! Have you ever played **Red Light, Green Light**? You can play inside or outside. Here's how:

1. Pick someone to be the "caller." The caller stands at the far end of the play area. This is the finish line.
2. Make a starting line where the other players stand to begin the game.
3. The caller decides what the players do:
 - When the caller says "Green Light," everyone moves toward the finish line. (They can decide whether to run, hop, skip, walk, or move in some other way of their choosing.)
 - When the caller says "Red Light," everyone must stop immediately.
 - When the caller says "Yellow Light," everyone has to move in slow motion.
4. If players are still moving when the caller says "Red Light," they must go back to the starting line.
5. Whoever gets to the finish line first is the new caller.

DID YOU KNOW?

The most **popular** types of apples in the U.S. are crisp, juicy Gala, classic Red Delicious, tart green Granny Smith, crunchy Fuji, and sweet, firm Honeycrisp.

The tradition of **giving an apple to your teacher** may have started in the 1700s, when families in Scandinavia paid for their children's education with baskets of apples (and potatoes—although these days we don't leave a potato on a teacher's desk as a sign of appreciation).

A version of the saying "**An apple a day keeps the doctor away**"—which relates to the fruit's positive health effects—was first used in Wales in the 19th century.

There are more than **7,500** types of apples grown around the world.

Kept in the refrigerator in a plastic bag, fresh apples will stay crunchy for a month or longer.



5 WAYS TO EAT APPLES

1. Spread slices with nut butter.
2. Layer slices with cheddar cheese.
3. Dip slices first into yogurt and then into granola.
4. Sprinkle slices with ground cinnamon.
5. Add chunks to a green salad.

SLICE OF MATH

You have 4 apples to make the applesauce recipe. If you cut one apple into quarters, and then cut each quarter into 8 slices, how many slices will you end up with?

How many slices would you end up with if you did this with all 4 apples?

If you wanted to double the applesauce recipe, how many apples would you need? How much water and maple syrup?

Ohio's SNAP-Ed and EFNEP Programs

SNAP-Ed

Ohio's **Supplemental Nutrition Assistance Program - Education** is a nutrition education program serving low-income adults and youth throughout Ohio. It is a partnership between the Ohio Department of Job and Family Services and Ohio State University Extension. Its goal is to improve the likelihood that families and individuals who receive food assistance benefits (SNAP benefits) make healthy food choices and choose active lifestyles consistent with the current Dietary Guidelines for Americans and MyPlate.

SNAP-Ed programming focuses on Diet Quality including promotion of Physical Activity, Food Safety, and Food Resource Management. The dissemination of nutrition education is mainly achieved by classes which are scheduled throughout Ohio and in 88 counties.

Participants learn to select fruits and vegetables, whole grain, and low-fat dairy products for a healthy diet; to use limited resources to plan, purchase and prepare food for the family; to be physically active every day; and to store and handle food so it is safe to eat. In FY18, SNAP-Ed reached 436,272 adult and youth participants.

EFNEP

The Ohio **Expanded Food and Nutrition Education Program** serves limited resource adults who care for children in their homes as well as limited-income youth. The program utilizes interactive discussions and activities to guide participants through a series of community based workshops aimed at improving diet quality, food safety and physical activity. Adult participants also gain skills in food preparation and managing their food budgets. Youth programming is conducted in classrooms, after school programs or camps, and summer food feeding sites. During FY18, Ohio EFNEP reached 2,840 adult and 7,228 youth participants, with a total reach of 10,128 family members. The program is free and offered in 18 Ohio counties.



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Department of
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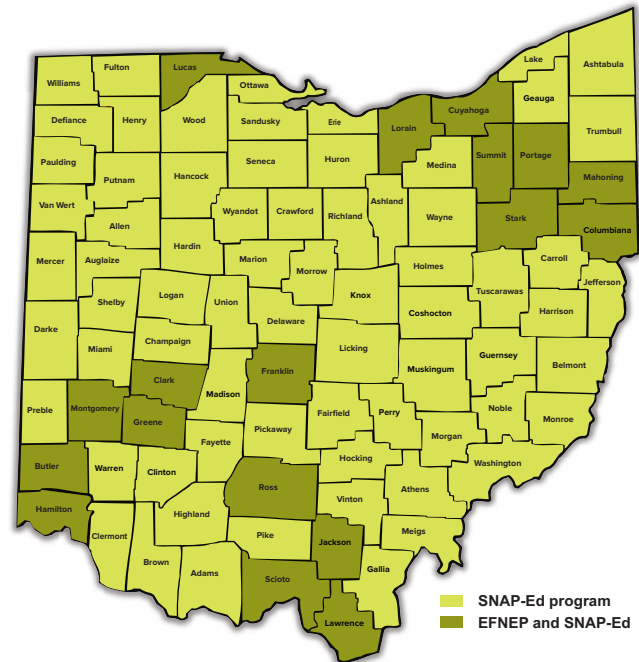
USDA Nondiscrimination Statement

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THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES



Celebrate Your Plate

The **Celebrate Your Plate** site helps you budget for, plan, and create healthy, tasty meals. You'll find recipes, shopping tips, cooking tips, and even tips on growing your own food. Plus, you can comment on recipes and read comments from others. Celebrate Your Plate is out and about in communities around Ohio – just look for the Celebrate Your Plate logo!



Family and Consumer Sciences

Ohio State University Extension Family and Consumer Sciences is an outreach arm of The Ohio State University. It is designed to translate research into education for Ohioans to help improve the quality of their lives and the environment in which they live. OSU Extension is jointly funded by federal, state, and county governments and private grants. Programs emphasize "empowerment through education."

About

SNAP-Ed and EFNEP are equal opportunity programs. For more information about Ohio SNAP-Ed, explore go.osu.edu/snap-ed. For details regarding Ohio EFNEP in your area, visit efnep.osu.edu. Discover tips, wholesome recipes and more at CelebrateYourPlate.org

Ever Seen a Meatball "Veg Out"?

Zucchini Meatballs



Zucchini
is packed with
B vitamins.



Visit CelebrateYourPlate.org for tasty,
healthy recipes your whole family will love.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).