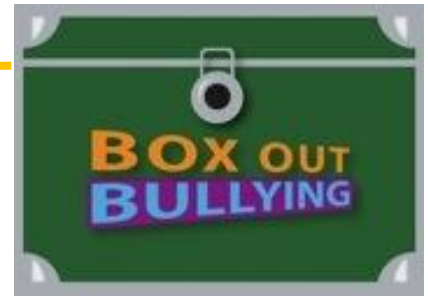


## “Box Out Bullying” Thank You

VVEPTA would like to thank the **BOX OUT BULLYING** presenters/actors who performed at both the Intermediate and Elementary schools on **Monday, September 20th**. Their performance which focused on the subjects of bullying (awareness and prevention), and peer pressure was amazing and very educational. The students enjoyed the show very much!



# HEALTHY KIDS CORNER

By Cindy Iyob MS, RD, LD

## Did you know that October is NATIONAL APPLE MONTH?!

The old saying is true--"An apple a day keeps the doctor away!" And here is why—

### FIVE REASONS TO EAT AN APPLE EVERY DAY:

- 1) **YOUR DIET**--Apples are a perfect, portable snack; great tasting, energy-boosting, and free of fat.
- 2) **YOUR HEART**--Research confirms it! The antioxidant phytonutrients found in apples help fight the damaging effects of LDL (bad) cholesterol.
- 3) **YOUR DIGESTION**--Just one apple provides as much dietary fiber as a serving of bran cereal. That's about 20% of the recommended daily intake of fiber.
- 4) **YOUR LUNGS**--An apple a day strengthens lung function and can lower the incidence of lung cancer, as well.
- 5) **YOUR BONES**--Apples contain the essential trace element, BORON, which has been shown to strengthen bones--a good defense against osteoporosis.

So, next time you are looking for a great snack, choose one of the many varieties of apples! Below you will find a quick, easy, and nutritious recipe for home-made applesauce. **ENJOY!!**

PREP TIME: 15 minutes

COOK TIME: 20 minutes

INGREDIENTS: 1 quart apples (peeled and sliced), 1 cup water, 1 tsp. lemon, ½ cup sugar, cinnamon (optional)

PREPARATION: Put all ingredients in a sauce pan and cook until tender, about 20 minutes. Mash the mixture using a potato masher or an electric mixer until smooth. Put the applesauce in an air tight container and place in the refrigerator to cool. Once cooked, top with a little cinnamon if you like and enjoy a bowl of fresh applesauce!

