

EAT BETTER FOR LESS

Fall in Love with Action, Adventure, and Apples

The parade of color has begun! Red, gold, and orange leaves sparkle against brilliant blue skies, only to be scattered about like confetti. Sunny skies and cool temps reign. What better time to go outdoors?

Change your routine to enjoy the changing of the seasons while adding movement. Here are some fun ways to embrace this wonderful season:

Enjoy the season's bounty.

Since October is both National Apple and Pumpkin Months, visit your local apple orchard or pumpkin patch.



Visit a state park.

Many state parks offer special fall activities including harvest and fall festivals. Check out www.in.gov/dnr/stateparks/programs/special-events/



Take a road trip - even if it is just around the block.

Plan a hike around your neighborhood, go on a fall scavenger hunt, take a photo walk.



Planning a day outside? These easy-to-make chips travel well and have no added sugar, fat or sodium.

Baked Apple Chips

Ingredients

- 2 large apples
- Cinnamon (optional)

Directions

1. Rinse apples and cut crosswise into thin slices. Cut out the core if desired.
2. Arrange slices in a single layer on baking sheets. Sprinkle lightly with cinnamon if desired.
3. Bake at 200 degrees F for about 1 hour. Turn slices over. Continue baking until dry with no moisture in the center, 1 hour or more depending on thickness.
4. Remove from oven and cool. Store in an air-tight container for up to a year.

Our free, fun, hands-on classes offer large servings of helpful tips, exercise, food samples and resources. Sign up today at <https://www.eatgathergo.org/programs>.



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Resources: thefamilydinnerproject.org, eatgathergo.org/recipe/baked-apple-chips/

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