

# Hey kids, become a FOOD EXPLORER and check this out!

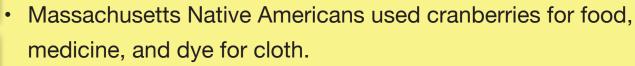
# Apples & Cranberries

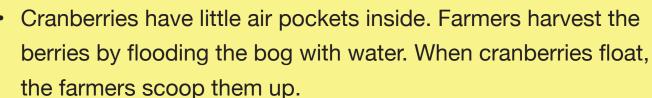




## Did you know...?

- You can pick your own apples at over 80 Massachusetts orchards.
- Massachusetts grows more than 18 apples for every person in the state. If you lined them up, they would wrap nearly one-fourth of the way around the world.
- Cranberries are also called bounceberries because they bounce when ripe.









# DELICIOUS AND NUTRITIOUS

Both apples and cranberries have special protectors to keep you healthy!

### A SUPER SNACK IDEA

Mix dried apples and dried cranberries for a super-easy sweet snack.

### CRANBERRY HUMOR

Why are cranberries red?
Because they saw the turkey dressing!