



WellNYS
Everyday

2020 Monthly Challenge

Register at wellnys.goer.ny.gov

October

Eat NYS apples.

s	m	t	w	t	f	s
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Holiday

In 2020, participate in THE THREE every day by doing the following:

- 1) Practice the WellNYS Daily To-Do. If you'd like an extra challenge, try the "Go Beyond the Challenge" starting October 20th.
- 2) Check off that you did the Daily To-Do on the Monthly Challenge tracking form that can be found at wellnys.goer.ny.gov/.
- 3) Ask your wellness partner, did you do the WellNYS Daily To-Do?



October WellNYS Daily To-Do

Once you've completed the To-Do, check the box!

Please do your part: stay six feet apart, wear a mask, and wash your hands.

- 1 The Monthly Challenge for October is to eat New York State apples. Register for the Monthly Challenge at wellnys.goer.ny.gov
- 2 There are over 7,500 varieties of apples in the United States. What are your top three favorite apples?
- 3 Want to have a warm, guilt-free dessert? Try sautéed apples. Choose sweet apples like Honeycrisp or Pink Lady. Cut two apples into slices and sauté the slices in a large skillet that has been sprayed with vegetable oil. Sauté the slices for 3 to 4 minutes on each side or until a golden-brown color. Sprinkle with cinnamon and enjoy!
- 4 Instead of using bread for your next sandwich, use two slices of apple. There are so many possible ingredients you can use in between the slices such as almond butter, brie cheese, or turkey.
- 5 Pectin is a fiber found in apples that slows digestion and promotes a feeling of fullness. Have you had an apple today?
- 6 Apples are the perfect snack! Grab three apples before you leave home today, one for lunch and two for snacks.
- 7 Would you rather have apple cider or apple juice? Both have the same number of calories. Apple juice goes through filtration and may have sugar or preservatives added to extend the shelf life. Cider is the result of pressing apples without anything else added.
- 8 Slice apples and serve with brie cheese and walnuts for an easy and delicious appetizer or snack.
- 9 Apple fries are delicious but frying them in oil isn't the healthiest way to make them. If you have an air fryer, try this recipe: slice apples, spray them with cooking spray and toss them in a mixture of graham crackers and cinnamon. Put the slices in an air fryer for only five minutes, then enjoy!
- 10 Today is National Boss's Day. Instead of flowers or coffee, bring your boss a bag of apples or a gallon of cider!

- 11 If you have a couple of apples at home, try this challenge with friends or family. Using a paring knife, try to cut the longest apple peel. The world record is 172' 4½". Measure your peel and compare it to the world record.
- 12 Apple chips are a crispy, salty alternative to potato chips. Cut an apple into thin slices, then bake the slices on a baking sheet for one hour at 200 degrees. Sprinkle with salt and enjoy.
- 13 Did you know apples only last for a few days on the kitchen countertop but can stay fresh for months in the refrigerator. Apples ripen six to ten times faster at room temperature.
- 14 Apple cider vinegar is a great staple to keep in your kitchen. It works with all vinegar needs, but has a fruity, balanced, sweet and sour flavor. You can add it to salads as a dressing, use it for marinating meats, in baking, in soups, and for retaining color in boiled vegetables.
- 15 The light and sweet flavor of apples makes them perfect for dips. Peanut butter, nut butters (almond butter, walnut butter), honey, yogurt, or cream cheese are all ideal dipping sauces for apples slices. Try each combination and choose your favorite.
- 16 Combine Greek yogurt, peanut butter, and maple syrup for a healthier dip for sliced apples.
- 17 What other fruits go well with apples? Apricots, blackberries, cranberries, figs, pears, oranges, and plums. <https://producemadesimple.ca/goes-well-apples/>
- 18 There are approximately 600 apple orchards in New York State. Click on the following link, and type in your hometown to find the orchard closest to you. <https://www.applesfromny.com/find-apples/>
- 19 Did you know that when you store baked treats with half an apple, the moisture of the apple keeps the baked goods fresher longer?

GO BEYOND THE CHALLENGE

- 20 Have you heard of the Apple Challenge? Take an apple in your hands and try to break it in half using just your hands. Try it today with your friends or family!
- 21 Go Beyond the Challenge: Today is National Apple Day. This day is dedicated entirely to celebrating all things apple: apple pie, applesauce, apple crisp, and the list goes on and on. While it has traditionally been celebrated in the United Kingdom, people all over the world are beginning to catch on to this fun holiday. Today, pick out your favorite variety and celebrate with apple lovers across the world. <https://nationaltoday.com/national-apple-day/>
- 22 Many apple orchards sell their apple products at farmer's markets. Click on the WellNYS Everyday website at <https://wellnys.goer.ny.gov/> and click on Find a NYS Farmers' Market for a location near you.
- 23 Try the apple taste test. Choose several different kinds of apples and cut them into pieces. Ask your family or friends to sample them and to try to identify each apple by name.
- 24 Which would you choose, an apple or banana? Why?
- 25 For a variety of apple recipes for appetizers, bread, breakfast, entrees, salads, smoothies, and snacks go to <https://www.applesfromny.com/recipes/>
- 26 Do you have an apple slicer or apple corer in your kitchen? If not, consider adding them to your grocery list this week. These tools make peeling, coring, and slicing an apple a breeze!
- 27 As the days get cooler, it's always nice to grab a book and a mug of hot cider. Here is a simple recipe: Into a slow cooker, add cider, one sliced orange, a cinnamon stick, and a tablespoon of cloves. Let simmer, then enjoy.
- 28 Hopefully, by the end of the month you have found many new ways to enjoy apples. If you had an apple for at least 20 days in October, and logged your days into the Monthly Challenge, you've earned a completion certificate.
- 29 If you've been eating apples in healthy ways this month, splurge. Have an apple dipped in cinnamon candy or caramel.
- 30 In preparation for the November Monthly Challenge, which is to express gratitude, buy a nice journal or a notebook so you will be ready to record the things you are grateful for.
- 31 Today is the last day of October. Go to the WellNYS Everyday website at <https://wellnys.goer.ny.gov> and check off the days you participated in the Monthly Challenge.

Number of days completed