Healthy Activities for Fall

Fall brings cooler weather and with it many fun activities for you and your family.

- Apple and pumpkin picking
- Pick up football games
- Hiking
- Yard work
- Evening Walks
- Pumpkin carving
- Raking leaves (and jumping in the piles!)

Samoa Apple Slices

Ingredients

- 3 Granny Smith apples
- 1 c. jarred caramel sauce
- 1 c. coconut flakes
- 1/2 c. semisweet chocolate chips
- 3 tbsp. butter

Directions

1. Slice apples into 1/4”-thick slices. Use a small biscuit cutter or melon baller to remove the core from the apples. Set aside.

2. In a medium-sized bowl, add caramel sauce and coconut flakes, stirring to combine. Spoon caramel-coconut mixture on each apple slice.

3. In a small microwave-safe bowl, combine chocolate chips and butter. Microwave in 30-second intervals, stirring in between, until fully melted. Drizzle melted chocolate on apple slices and serve.

Fall Safety Tips

Keep your kids safe and healthy.

- Take steps to prevent the flu.
- Get smart about antibiotics.
- Be prepared for cold weather.
- Wash your hands.

Friday, November 11
Veterans Day

Thursday, November 24
Thanksgiving Day

Election Day
Tuesday, November 8th

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