

# APPLES

**1.3M**  
thrown away  
annually



## WASTE-ENDING SOLUTIONS

- Apples are sensitive and don't like to touch each other. Store apples in the refrigerator wrapped in paper.
- Buy smart! Thick-skinned, tart apples last longer than thin-skinned sweet ones (Rome, Fuji, Granny Smith, Melrose).
- Been at home too long and starting to lose their luster? Cut away brown spots, peel if desired, cut into slices or chunks, rinse in lemon water. Drain and dry. Place in a single layer on a baking sheet and freeze for a few hours. Store in plastic zip-closure bags, removing most of the air. Can be used in pies, muffins, pancakes, apple sauce.
- Apples can also be sliced and dehydrated. Same lemon water rinse, dry and place in dehydrator. Follow dehydrator instructions.

### DID YOU KNOW?

Cornell University researchers found when apples were served pre-sliced, “the percentage of students who ate more than half of their apple increased by 73%...”