

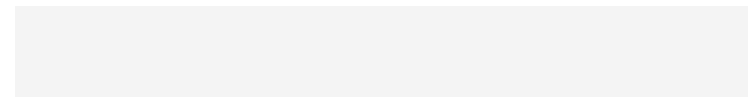


Apples



Apples are high in soluble fiber, which supports digestion and helps control blood sugar levels.

Today's apples are from:



Did you know?

Over 100 apple varieties are grown in New England.

    #Nourished
noharm.org/NourishedbyNewEngland

