

October 2024

Eat a New York State Apple.

Sun	Mon	Tues	Wed	Thurs	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

WellNYS Everyday is a wellness initiative dedicated to educating, engaging, and empowering New York State employees to choose to eat foods that are healthy for them and to be physically active.

This program encourages employees to:

- Sign-up to receive the **WellNYS Daily To-Do** by email every day.
- Find out where to be physically active in New York State.
- Celebrate your wellness success with “I Did It!”.
- Engage in healthy behaviors while in your workplace.
- Find a NYS Walking workplaces map.
- Learn about Physical Activities in your region.
- Listen to a new wellness webinar every month.
- Become a WellNYS Ambassador for your agency/facility/SUNY.
- 2024 programs include: Count Your Physical Activity Minutes Challenge and the Olympic Experience.



Office of
Employee Relations
Work-Life Services

For more information go to: oer.ny.gov/wellnys-everyday

WellNYS Everyday is sponsored by NYS Work-Life Services.



October

WellNYS Everyday

Eat a New York State Apple.

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



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Employee Relations
Work-Life Services

1. The October Monthly Challenge is to eat a New York State apple every day. This is easy and fun. Join us on October 2 for *Ten Easy Apple Recipes*. To register, go to <https://meetny.webex.com/webink/register/r84b2514e3b66f6834dfabadd5cfb1c18>.
2. October has 31 days. Are you up for a challenge this month? It's easy, eat one apple every day. Each apple has 4.3 grams of fiber.
3. Does an apple a day keep the doctor away? A study in the National Library of Medicine, *Association Between Apple Consumption and Physician Visits*, indicates the evidence does not support that an apple a day keeps the doctor away, however, the small fraction of U.S. adults who eat an apple a day do appear to use fewer prescription medications.
4. The Macoun apple was developed in Geneva, New York in 1932. Visit http://hort.cornell.edu/orchards/cornell_orchards_apple_varieties.pdf more information on the Macoun, and other apples.
5. If you have a couple of apples at home, try this challenge with family and friends. Time to put your peeling skills to a test by trying to cut off the longest apple peel. The world record is 172 feet and four inches! After all the fun, cook down the apples and the skin into applesauce with cinnamon and lemon.
6. Want to have a warm and tasty dessert? Try sautéed apples. Choose sweet apples like Fuji, Snapdragon, Macoun, or Red Delicious. Cut two apples into slices and sauté the slices in a large skillet sprayed by vegetable oil for three to four minutes on each side, or until golden-brown color. Sprinkle with cinnamon powder and enjoy!
7. Want an idea for a crispy, salty alternative to potato chips? Let's make apple chips. It is easy and tasty. Cut an apple into thin slices and lay them flat on a baking sheet and bake for one hour at 200° Fahrenheit. Sprinkle with salt and enjoy.
8. The Sekai-Ichi apple is the most expensive apple. At about \$20 per apple, these apples are known for their mild taste and appearance. Where do you get them? They are grown in Japan.
9. Is apple picking a fall tradition in your family or with your friends? Check out the following website to find an orchard close to you: <https://www.pickyourown.org/NY.htm>.
10. If you are working today, count the number of people in your work area, and bring in one apple for each of them tomorrow.
11. Apples are a good choice for any meal. For breakfast, add chopped apples to yogurt or your pancake mix. At lunch, add chopped apples to chicken salad or tossed salad. Then for dinner, serve sliced apples as a side dish.
12. What else can you do with all those apples from the orchard? You can make apple butter, apple sauce, apple pie, apple goodie, apple coleslaw, apple muffins, apple turnovers, or sliced apples with caramel. Conduct an online search for recipes.
13. Here is a fun historic fact: In ancient Greece, when a man proposed marriage to a woman, he would toss her an apple. If she decided to catch the apple, it meant she accepted his proposal.
14. After you've been apple picking, what do you do with all these apples? Use a food dehydrator to make dried fruit. Drying the apples will condense them and make it easy to pack them into sandwich bags for snacking.
15. Trivia time: How many apples does it take to make a gallon of cider? Approximately 40 apples.
16. Keep apple cider vinegar in your kitchen or pantry. It can be used as a cleaner, added to soups, used for baking, and added to salads, consumed with water, and used as an odor neutralizer. There aren't many products that can do all that and be good for you.
17. RubyFrost® and SnapDragon are two exciting new apples that were 10 years in the making and developed by Cornell University's apple breeding program. Look for them in your local orchards or farmer's markets.
18. What would you rather have, apple cider or apple juice? Although both have the same number of calories, juice goes through filtration and may have sugar or preservatives added to extend the shelf life. Have a taste test to see which you prefer.
19. What can you do with apples that are going bad? Make apple pie or cut them up and put them into apple pancakes or muffins or make applesauce or apple butter.
20. Cut up apples turn brown in five minutes. This is due to oxidation. To stop this from happening, rub apples with lemon juice, soak apples in two tablespoons of honey and one cup of water, or soak them in salt water.
21. If you like drinking tea, give apple iced tea a try. It is very easy to make at home and you can personalize the sweetness level to your taste. Dice red or green apples and add them to homemade iced tea as it brews. Strain and add fresh apple slices before serving.
22. Do you like dipping? Apple dipping that is. Try melted chocolate, caramel, peanut butter, or honey.
23. If you've been to a fair, then most likely you've had a candy apple. The candy is made with sugar, light corn syrup, water, and red food coloring. Look online for a recipe if you're interested in making some.
24. Tired of jelly or butter on your toast? Try apple butter.
25. Do you know apples can only last for a few days on the kitchen countertop but can stay fresh for months in the refrigerator? Apples, in fact, ripen six to 10 times faster at the room temperature! Why not enjoy one of your favorite types of apples today before it turns bad.
26. The next time you bake, substitute apple sauce for oil. For every half cup of oil replaced with applesauce, you will save 900 calories and 110 grams of fat. The substitution is a 1:1 ratio, or in other words, in equal amounts.
27. If you slice up an apple for a child, more than likely they will finish the entire thing, whereas, if you give it to them whole, they will only eat a few bites.
28. Try an apple taste test. Line up different types of apples and have your coworkers try to identify the apples. Use tart and sweet for variety.
29. Would you like to store your apples throughout the winter? Use a cool dark place like a basement or an unheated garage. Pick out the best apples and keep the same varieties together. Wrap them individually in newspaper and check on them often.
30. Tomorrow is Halloween and National Caramel Apple Day! If you have been enjoying New York State apples in many healthy ways this month have a caramel apple with your favorite toppings for a Halloween delight.
31. The WellNYS Daily To-Do have shared many tips on apples for October. Did you take the challenge and eat an apple every day? If you did, you added 135 grams of fiber to your diet. The associated benefits of fiber may include helping to maintain bowel movements, lower cholesterol levels, and control blood sugar. Learn more at <https://www.nih.gov/news-events/nih-research-matters/health-benefits-dietary-fibers-vary>.

NUMBER OF DAYS COMPLETED