

the Fresh Food Rx

# Food Connection



## Recipe of the Week:

### Homemade Cinnamon Apple Sauce

*This is a great way to use any extra apples you have in your refrigerator, or if eating fresh apples is hard on your teeth.*

#### Ingredients:

8-10 large apples

1 cup water

3 tablespoons lemon juice or apple cider vinegar (more or less to taste)

¼ - ½ cup sugar

1 tablespoon cinnamon

½ teaspoon salt

#### Instructions:

1. Peel, core, and quarter apples.
2. Place all ingredients into a large pot. Heat to boiling, then reduce heat to medium and cover the pot. Simmer until apples are tender and cooked through, 15-20 minutes.
3. Once apples are cooked through, remove the pot from the heat. Use a potato masher to mash the potatoes into a chunky sauce. If it is too thick, add more water. If it's too sweet, add more lemon juice.

Can eat warm or cold, and can be stored up to year in a freezer.

#### All About Apples:

- Did you know there are 7,500 varieties of apples? Apples are among the top 3 fruits produced in the world.
- Storing apples in the refrigerator will help them last longer.
- Apples are a good source of fiber, antioxidants and vitamin C.
- Many of the health benefits of apples are from eating the skin.



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February 15, 2021

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## Of Special Interest:

### COVID-19 Vaccine Appointment Information Forsyth County Health Department

Forsyth County Public Health's COVID-19 vaccine appointment website is now open and taking appointments for seniors over 65 and healthcare workers.

<https://forsyth.cc/covidupdate/>

FORSYTH COUNTY PUBLIC HEALTH COVID-19 HELPLINE:  
CALL 336-582-0800



For additional information about COVID vaccines, the phases, and frequently asked questions, please go to [yourspotyourshot.nc.gov](https://yourspotyourshot.nc.gov), or call North Carolina coronavirus vaccine helpline: 1-888-675-4567

## Other News:

### REMINDER: Interested in Getting More Active?

SilverSneakers is an exercise program for individuals eligible for Medicare. In this program, you may qualify for a free membership to the YMCA, where you could participate in classes that help with strength, flexibility, balance, and endurance.

**SILVERSNEAKERS  
MEMBERSHIP**



Check with your healthcare provider to see if you are eligible, or call Diane at the Winston Lake Family YMCA today for more information: 336-701-6120.