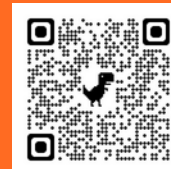


# SEPTEMBER – AN APPLE A DAY

## “Nibble with Willow” at Home

Watch Willow  
on YouTube



**Goal:** Explore the many varieties and colors of apples

### RECIPE: Chocolate Fondue with Apples

#### Activities to do with your child:

- Shop for different varieties and colors of apples together.
- Wash apples together.
- Count the chocolate chips.
- Make the chocolate fondue together.
- Watch [Fall Is Here, But Where Is Willow?](#) YouTube Video.

#### Nurture Your Child's Curiosity for Food:

- What shape and color are the apples?
- Which is your favorite apple color?
- Which variety is more sour?
- Which is sweeter, the chocolate or the apple?
- Say “1,2,3 Nibble!” and then taste the new food together

### TIPS FOR PARENTS

#### Who is Willow?

- Willow is a cuddly bunny puppet. She lives in her magical garden apron and shares her love of the seasonal foods she grows.
- Willow always encourages children to be explorers and inspect the shapes, colors, and textures of fruits and vegetables by using all their senses.

#### Why is Willow Important to Children?

- Willow makes exploring and tasting fruits and vegetables more fun and less stressful.
- Children will become more willing to try and actually eat healthy foods when you practice ‘Nibble with Willow’ at Home.



## CHOCOLATE FONDUE WITH APPLES



#### INGREDIENTS

- 4 Apples (try different varieties and colors)
- 1 cup Semi-Sweet or Milk Chocolate morsels (Chocolate Chips)

#### Special Equipment:

Apple Corer and Slicer



**Prep Time:** 5 minutes  
**Cook Time:** 2-3 minutes  
Makes 4-6 servings

**Note:** Children should use plastic or table knife for all child steps that require cutting/chopping.

1 ADULT & CHILD

With the skin on, use the apple corer and slicer and CORE all the apples and separate into segments. Set aside

2 CHILD

Help MEASURE the chocolate chips in measuring cup.

3 ADULT

PLACE the chocolate in a microwave safe bowl. COOK in microwave 2-3 minutes, 1 minute at a time, stirring in between. Be sure to stop just as the chocolate softens so it does not burn.

4 ADULT

SERVE by placing 1-2 pieces of apple of each variety on a small plastic plate and POUR some melted chocolate in a small pool on the plate. Invite children to DIP. NIBBLE and ENJOY!