



SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# GRANNY SMITH APPLE

Granny Smith apples are not only tasty but also packed with goodness. They're full of vitamin C, which helps keep us healthy and boosts our immune system. These apples are named after a real-life granny, Maria Ann Smith, who discovered this special apple in Australia way back in the 1860s. Granny Smiths are perfect for munching on as a crunchy snack, slicing into salads, or even turning into yummy pies.

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