



THE COUNTY OF CHESTER



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County Government Employees to Join in Celebration of one of Nature's Fast Foods *Wednesday, October 28 is Apple Crunch Day*

West Chester, PA – On Wednesday, October 28th, the Chester County Commissioners will celebrate one of nature's fast foods – apples – by hosting an Apple Crunch event for Chester County employees through the Employee Healthy Lifestyle Wellness Program.

Celebrated annually during National Apple Month, Apple Crunch teaches youth important facts about healthy snacking and getting five servings of fruits and vegetables each day. Apples are packed with soluble fiber and have high water content — both of which help keep you fuller, longer and may help you maintain a healthy weight. In addition, fiber helps promote heart health, decreases your risk for developing cancer and aids in good digestion.

In celebration of Apple Crunch 2009, County of Chester Departmental Wellness representatives will distribute apples and healthy apple recipes to over 2,800 employees.

“We are pleased to participate in this youth-driven campaign because we want our employees to be role models for youth. By making fruits and vegetables fun for adults, we hope the message will extend home to families as well,” said Chester County Commissioner Chair Terence Farrell.

Apple Crunch is a program of the Center for Nutrition and Activity Promotion at Penn State Hershey Children's Hospital. In 2008, more than 960 schools and 285,000 youth across Pennsylvania celebrated Apple Crunch. For more information about this and other school wellness-related programs and events, visit <http://www.nrgbalance.org>.

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