

Michigan Apple Committee NEWS



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Back-to-School Begins with Michigan Apple Season

Lansing, Mich. – Apple harvest goes hand-in-hand with back-to-school season, and August is a great time to think about how to kick the school year off with easy, healthy snacks and meals. Michigan Apple harvest will get underway in mid-August, with early varieties like Paula Red and Ginger Gold, followed closely by the ever-popular Gala.

Lunch boxes, afternoon snacks and meals can all feature Michigan Apples, with varying flavor profiles from sweet to tart.

“When paired with protein foods, apples as afternoon snacks help keep kids satisfied from school activities to dinner,” said Deanna Scheid, RDN, dietitian for the Michigan Apple Committee. “Parents and caregivers can also add apples to foods kids already love – try sliced apples on pizza or make the snack more fun in a bento box with other healthy options.”

Apples provide many health benefits. They are nutrient-rich, high in fiber and antioxidants and low in calories, all in a healthy, portable and affordable snack. Apples can stay fresh in your refrigerator for up to four weeks and can be added to a wide range of recipes.

As kids head back to school, they can also keep their bodies strong and healthy with nutritious meals and snacks to fuel their day. Encourage them to try different apple varieties and find the flavors they like best. Visit MichiganApples.com for estimated harvest dates of the most popular varieties, as well as usage information, recipe inspiration and plenty of health facts to remind you that “an apple a day...” is still good advice.

The Michigan Apple Committee works on behalf of Michigan apple growers through marketing, research, education, and outreach to increase consumption, support growers, and ensure a strong and sustainable apple industry. To learn more, visit MichiganApples.com.

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