

Harvest of the Month



Network for a Healthy California
January

The Harvest of the Month featured produce is **mandarins**



Helping Your Child Eat Healthy

- Start the day with 100 percent fruit juice.
- Provide healthy after-school snacks like a piece of citrus fruit or canned mandarin slices (packed in 100 percent fruit juice).
- Dip tangerine segments into lowfat flavored yogurt.
- Add tangerines to green salads for flavor and color.
- Squeeze juice of citrus fruits over chicken and fish to make tender and juicy. Or use juice to make reduced fat salad dressings.

For more ideas, visit:

www.kidsnutrition.org

Produce Tips

- Look for plump citrus fruits that feel heavy and have stems still attached.
- Keep on countertop for immediate use.
- Store in refrigerator for up to one week.

Health and Learning Success Go Hand-in-Hand

Did you know a single serving of fruits or vegetables usually costs less than 25 cents? These small costs have big health benefits. Eating a variety of colorful fruits and vegetables and being active every day are healthy habits that can help your child do better in school, feel good, stay healthy and grow strong. **Harvest of the Month** provides ideas to help your family eat more fruits and vegetables and get at least one hour of physical activity every day.

Mandarins are a type of citrus fruit that look like oranges but are usually smaller and more pumpkin-shaped. Mandarins that have a deep orange-red color are called *tangerines*. Other types of mandarins include satsumas, clementines and tangelos.

CITRUS AMBROSIA

Ingredients:

(Makes 4 servings at 1 cup each)

- Grated peel of tangerine**
- 1 cup lowfat yogurt, plain or vanilla**
- 2 tangerines, peeled, segmented and seeded**
- 1 grapefruit, peeled and sectioned**
- 2 oranges, peeled and cubed**

1. Stir tangerine peel into yogurt.
2. Divide fruit into four cups or dishes.
3. Spoon chilled yogurt mixture over fruit.
4. Serve chilled.

Adapted from:

www.fruitsandveggiesmatter.gov/recipes

For more recipes, visit:

www.cachampionsforchange.net

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

Nutrition Facts

Serving Size: 1 medium mandarin (88g)

Amount per Serving

Calories 47 Calories from Fat 2

% Daily Value

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 2mg 0%

Total Carbohydrate 12g 4%

Dietary Fiber 2g 6%

Sugars 9g

Protein 1g

Vitamin A 12% Calcium 3%

Vitamin C 39% Iron 1%

Source: www.nutritiondata.com

Only 40 percent of California teens meet the minimum daily target for physical activity, and close to 74 percent of California youth are physically unfit.

Let's Get Physical!

Help your child be active and prepare for spring fitness testing at school with these tips:

- Set a weekly goal for each family member. (Example: Walk 10,000 steps and do stretches every day.)
- Post goals in a highly visible area, such as on the refrigerator.
- Encourage each other to meet goals and set new ones.
- Decide on a "reward" (family outing or hike).
- Limit all screen time.

For more ideas, visit:

www.activeca.org/active/

How Much Do I Need?

A serving of mandarins is one medium fruit. This is about the size of a baseball. Eating a variety of colorful fruits and vegetables each day will help you and your child to reach your total daily needs.

