

Oranges

The Harvest of the Month featured fruit is oranges.

Health and Learning Success Go Hand-in-Hand

Encourage your child to eat school breakfast. Students who eat school breakfast tend to eat more fruits and vegetables than students who do not. School breakfast programs can increase your child’s learning and decrease behavior problems in the classroom. With Harvest of the Month, your family can explore, taste, and learn about how to eat more fruits and vegetables and be active every day.

Produce Tips

- ◆ Look for firm oranges that feel heavy for their size with bright, colorful skin.
- ◆ Avoid fruit with bruised, wrinkled, or discolored skin.
- ◆ Oranges with thin skin tend to be juicier than those with thick skin.
- ◆ Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

Healthy Serving Ideas

- ◆ Slice oranges for a quick, healthy snack.
- ◆ Freeze 100% orange juice in a paper cup with a popsicle stick or spoon.
- ◆ Instead of soda, make a fruit spritzer for your child. Mix 100% orange juice and sparkling water.
- ◆ Toss peeled orange segments into green salads for a citrus splash.
- ◆ Keep healthy recipes and cookbooks in the kitchen. Let your child pick a recipe and then cook it together.

For more ideas, visit:

<https://cachampionsforchange.cdph.ca.gov/en/Pages/default.aspx>

FAMILY NEWSLETTER

Nutrition Facts	
Serving Size:	1/2 cup (90g)
Amount Per Serving	
Calories	42
	% Daily Value*
Total Fat 0g	0%
Saturated Fat 0g	0%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 1mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 2g	9%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 0g	0%
Vitamin D 0mcg	0%
Calcium 0mg	0%
Iron 0mg	0%
Potassium 179mg	5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2000 calories a day used for general nutrition advice.



BREAKFAST FRUIT CUP

Makes 4 servings. *½ cup per serving.*

Prep time: 5 minutes

Ingredients:

- 2 oranges, peeled, seeded, and sliced into bite size pieces
- 1 medium banana, peeled and sliced
- 1 tablespoon raisins
- ⅓ cup lowfat vanilla yogurt
- ½ teaspoon ground cinnamon

1. In a small bowl, combine oranges, bananas, and raisins.
2. Divide fruit equally into 4 bowls.
3. Put a rounded tablespoon of yogurt over fruit in each bowl.
4. Sprinkle with equal amounts of ground cinnamon before serving.

Nutrition information per serving:

Calories 81, Carbohydrate 19 g, Dietary Fiber 2 g, Protein 2 g, Total Fat 0 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 1 mg, Sodium 14 mg

Adapted from: *Everyday Healthy Meals, Network for a Healthy California, 2007.*

How Much Do I Need?

- ◆ A ½ cup of orange segments is an excellent source of vitamin C.
- ◆ Eating oranges also gives you fiber and folate.
- ◆ Folate is a B vitamin that helps make healthy red blood cells and lowers a woman's risk of giving birth to a child with certain birth defects.

The amount of fruits and vegetables each person needs to eat every day depends on age, gender, and physical activity level. Look at the chart below to find out the recommended daily amount for each person in your family. Make a list of fruits and vegetables that you can add into your family's everyday meals and snacks. Remember that all forms count toward the daily amount – fresh, frozen, canned, dried, and 100% juice.

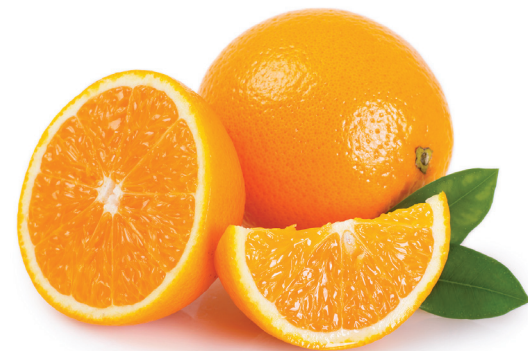
Recommended Daily Amount of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

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

Let's Get Physical

- ◆ Help your child prepare for the FITNESSGRAM®. Ask your child's teacher how you can help.
- ◆ Go for a walk or jog in the morning to jump-start the brain.
- ◆ Start slowly — add 10 to 15 minutes of physical activity to your day and gradually work up to 60 minutes.
- ◆ Do yoga stretches after your walk or run in the evening.



The California Department of Public Health, with funding from the United States Department of Agriculture's Supplemental Nutrition Assistance Program – USDA SNAP, produced this material.

These institutions are equal opportunity providers and employers. For important nutrition information, visit www.CalFreshHealthyLiving.org.