

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.



Qhia Koj Tus Me Nyuam Noj Tej Qav Zoo Uas Pab Tau Rau Lub Ces

- Xyaum muab cov kua txiv ntoo uas tseem 100% rau me nyuam haus.
- Muab cov txiv theej kab los sis txiv kab ntxwv phais tej daim li tom tsev kawm ntawv pub rau me nyuam noj (los yog cov txiv uas nws xyaw nws cov kua nyob hauv kom poos).
- Muab tej nplai txiv kab ntxwv los ntsw cov lowfat yogurt noj.
- Muab tej nplai txiv kab ntxwv do xyaw xam lav kom daj vog thiaj ntxim qab.
- Tso kua txiv theej kab, kua txiv npaws yub thiab kua txiv npaws ywv (orange, lemon, and lime juice) ywg nqaij qaib nqaij ntses thiaj qab phom thiab siv cov kua txiv tov roj los do xyaw xam lav noj thiaj tsis rog.

Xav tau tswv yim ntxiv xyuas website no:

www.kidsnutrition.org

Kev qhia xaiv txiv ntoo

- Xaiv lub txiv daim tawv nyias thiab du du nyhav ncawv uas tseem muaj lub qia.
- Muab tso rau saum tej txe yuav ua noj mam muab los siv xwb.
- Yog tso rau hauv tub yees yuav kav tshaj li 1 lim piam.

Kev Noj Qab Nyob Zoo thiab Kev Kawm Yuav Tsum Muaj Txaus Sib Nrawg Nroos

Koj puas paub tias noj ib npaj txiv ntoo los sis ib pluag zaub twb tsis txog 25 cents? Txawm nws raug nqi tsawg los nws muaj txiaj ntsim pab tau lub cev ntau kawg nkaus. Yuav tsum pub me nyuam noj ntau ntau yam kob (xim) ntawm tej zaub thiab txiv hmab txiv ntoo thiaj zoo rau lub cev loj hlob plhis ncos, xyaum tawm rooj mus ncig nrog me nyuam kom lawv swm thiab nquag, lawv kawm ntawv los tau zoo dua nyob tom tsev kawm. **Lub Hlis Sau Qoob** no yuav pab qhia tswv yim rau koj tsev neeg kom paub noj zaub thiab txiv hmab txiv ntoo ntau thiab hriav kev mus tawm rooj hom khaj pab lub cev txua hnuv thiaj hauv zas.



Cov Txiv Kab Ntxwv hu (Mandarins) no yog ib cov txiv kab ntxwv me dua cov txiv theej kab thiab nws pluav xws li lub taub dag. Cov txiv kab ntxwv daim tawv daj kua taub-liab dua hu ua tangerines. Muaj lwm yam txiv kab ntxwv npe hu ua satsumas, clementines thiab tangelos.

Cov hluas nyob hauv California muaj li 40 feem puav thiaj li hom khaj mentsis hos muaj 74 feem puav cov hluas mas tsis hom khaj txaus li.

Txhua leej yuav tau hom khaj!

Pib koj koj cov me nyuam mus hom khaj thiaj yuav pab tau lawv lub hlwb khiav zoo rau thaum xeem ntawv lub caij paj ntoos tawg yuav tau ua li nram qab no:

- Npaj rau tsev neeg ib leeg ua ib yam kom tiav (Xws li: Taug kev los sis ncig ua hauj lwm mus los kom txog li ntawm 5 miles los sis ncab ib ces txhua hnuv.)
- Thaum npaj tau lub hom phiaj tas lawm yuav tsum muab lo rau ntawm lub tub yees txhua leej thiaj pom.
- Txhob kom txhua leej hom khaj kom nto es yuav nrhiav qhov tshiab los pib ntxiv.
- Cog lus yog leej twg ua tiav li hais nws yuav tau “**kev qhuas**” (**phaj tshab**).
- Tsis txhob cia me nyuam zaum saib TV los sis kov computer xwb.

Xav paub ntau ntxiv xyuas qhov website no:

www.activeca.org/active/

Kuv yuav noj npaum li cas thiaj haum?

Ib pluag yog noj ib lub txiv kab ntxwv luaj nkaus lub baseball. Yuav tsum noj kom txhua tsav txhua yam zaub thiab txiv hmab txiv ntoo uas muaj kob (xim) kom txhua hnuv xwb ces yeej zoo rau koj thiab koj cov me nyuam lub ces lawm.

Cov ntawv qhia no tau txais kev pab los ntawm USDA's Food Stamp Program through the California Department of Public Health's *Network for a Healthy California*. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.