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 that 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, stay healthy and grow strong. **Produce 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.

### HAWAIIAN AMBROSIA

**Ingredients:**
(Makes 8 servings of ½ cup each)
- 1 can (20 oz.) pineapple chunks
- 1 can (17 oz.) fruit cocktail
- 1 can (11 oz.) mandarin oranges
- 1 cup plain nonfat yogurt or sour cream
- 1 cup miniature marshmallows
- ½ cup shredded coconut

1. Drain all canned fruit well.
2. Mix all ingredients together and refrigerate for one hour.

Source: *Maui Pineapple Co., Ltd.*

**How Much Do I Need?**

One medium sized mandarin equals one cup of 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.

### Nutritional Information

**Serving Size:** 1 medium mandarin (88g)

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories 45</th>
<th>Calories From Fat 2 % Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Total Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
<td>0%</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>0mg</td>
<td>0%</td>
</tr>
<tr>
<td>Sodium</td>
<td>2mg</td>
<td>0%</td>
</tr>
<tr>
<td>Carbohydrates</td>
<td>12g</td>
<td>4%</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>6%</td>
</tr>
<tr>
<td>Sugar</td>
<td>9g</td>
<td></td>
</tr>
<tr>
<td>Protein</td>
<td>1g</td>
<td></td>
</tr>
</tbody>
</table>

Vitamin A: 12%  Calcium: 3%
Vitamin C: 39%  Iron: 1%

*Source: www.nutritiondata.com*

**Serving Size:** 1 medium mandarin (88g)

**How Much Do I Need?**

One medium sized mandarin equals one cup of 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.

### Recommended Daily Amounts of Fruits and Vegetables**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens, Ages 13-18</th>
<th>Adults, 19+</th>
</tr>
</thead>
<tbody>
<tr>
<td>cups per day</td>
<td>2½ - 5</td>
<td>3½ - 6½</td>
<td>3½ - 6½</td>
</tr>
</tbody>
</table>

*If you are active, eat the higher number of cups per day.*

Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more

Mandarins help maintain heart health, vision health, and a healthy immune system.

Let’s Get Physical!

Help your child be active 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) when you reach your goal.

For more ideas, visit: [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)

Take the Challenge

The Kids Challenge is an online program that helps kids track their fruit and vegetable consumption as well as physical activity.

To sign your child up today, visit: [www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)

This material was adapted from the California Harvest of the Month program materials. This material was funded by the USDA’s Supplemental Nutrition Assistance Program (SNAP), an equal opportunity provider and employer. The SNAP program provides nutrition assistance to people with low income. It can help you buy nutritious food for a better diet. For information on the SNAP program, call 1-888-328-3483.

[www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org)

[www.gethealthyclarkcounty.org](http://www.gethealthyclarkcounty.org)