

Produce of the Month

Growing Healthy Students

Parent Newsletter - January

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



Helping your child eat healthy

- Start the day with 100% fruit juice or fruit.
- Provide healthy after-school snacks like a piece of citrus or canned mandarin slices (packed in 100% 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 healthy ideas, visit: www.fruitsandveggiesmorematters.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 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 1/2 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
 1/2 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.

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

Nutritional Information

Serving Size: 1 medium mandarin (88g)

Amount Per Serving		
Calories	45	Calories From Fat 2
% Daily Value		
Total Fat	0g	0%
Saturated Fat	0g	0%
Trans Fat	0g	
Cholesterol	0mg	0%
Sodium	2mg	0%
Carbohydrates	12g	4%
Dietary Fiber	2g	6%
Sugar	9g	
Protein	1g	
Vitamin A	12%	Calcium 3%
Vitamin C	39%	Iron 1%

* Source: www.nutritiondata.com

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

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

