



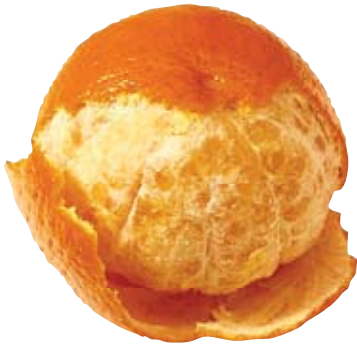
# Harvest of the Month

January

## Health and Learning Success Go Hand-in-Hand

Celebrate a healthy New Year. You can help improve your child's overall performance in the classroom with nutritious meals and regular physical activity. Make a family resolution to eat more fruits and vegetables and be more active. 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.

The **Harvest of the Month** featured fruit is **oranges**



### Produce Tips

- Look for fruit that is firm and heavy for its size with bright, colorful skins.
- Avoid fruit with bruised, wrinkled or discolored skins. Oranges with scarring or green spots on the surface are fine to eat.
- Fruits with thinner skins tend to be juicier than those with thicker skins.
- Oranges can be stored at room temperature or in the refrigerator without plastic bags for up to two weeks.

## ORANGE GLAZED VEGETABLES

### Ingredients:

(Makes 4 servings at ½ cup each)

- 2 cups frozen vegetable mix**
- ½ teaspoon grated orange peel**
- ¼ cup orange juice (squeeze from the orange grated for peel)**
- 1 tablespoon Dijon-style mustard**
- 1 teaspoon low-sodium soy sauce**

1. Cook vegetables in microwave according to package directions.
2. While vegetables are cooking, combine orange peel, orange juice, mustard and soy sauce in a small bowl. Stir until mixed.
3. Drain vegetables and toss with orange juice mixture. Serve immediately.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

### Helping Your Kids Eat Healthy

- Slice oranges for a quick, healthy snack.
- Freeze 100 percent orange juice in a paper cup with a popsicle stick or spoon. Serve it for dessert.
- Instead of a soft drink, give your child an orange for a sweet and juicy treat.
- Toss oranges in a salad.
- Discuss with your child how eating oranges helps fight colds and sickness.

For more ideas, visit:

[www.harvestofthemonth.com](http://www.harvestofthemonth.com)

## Nutrition Facts

Serving Size 1 medium orange  
(154g)

### Amount per Serving

**Calories 75** 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** 19g **6%**

Dietary Fiber 3g **14%**

Sugars 13g

**Protein** 1g

Vitamin A 8% Calcium 7%

Vitamin C 152% Iron 1%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Let's Get Physical!

- Help your child start preparing for the FITNESSGRAM®. Ask your child's teacher for more information.
- Go for a walk or a jog in the morning to jump-start the brain.
- Start easy—add 10 to 15 minutes of physical activity to your day and gradually work up to one hour.
- Instead of watching TV, play a card or board game that exercises your brain.

For more physical activity ideas, visit:

[www.kidnetic.com](http://www.kidnetic.com)

[www.verbnow.com](http://www.verbnow.com)

### Healthy Help

- Review the school menu with your child. Count the different ways in which oranges will be served (e.g., juice, slices).
- Encourage your child to eat the school breakfast and lunch. Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day.
- Keep healthy recipes and cookbooks in the kitchen. Let each member of the family pick a recipe and then cook it together.
- Keep nutrition information in your kitchen. When someone has a question, look it up and share with the family.



**EAT FRUITS & VEGETABLES  
AND BE ACTIVE**