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

### Breakthrough 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: [www.cachampionsforchange.net](http://www.cachampionsforchange.net)

### Nutrition Facts

<table>
<thead>
<tr>
<th>Serving Size</th>
<th>Calories</th>
<th>Calories from Fat</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup orange, sections (90g)</td>
<td>42</td>
<td>0</td>
<td>0%</td>
</tr>
</tbody>
</table>

- Total Fat 0g 0%
- Saturated Fat 0g 0%
- Trans Fat 0g
- Cholesterol 0mg 0%
- Sodium 0mg 0%
- Total Carbohydrate 11g 4%
- Dietary Fiber 2g 9%
- Sugars 8g
- Protein 1g
- Vitamin A 4% Calcium 4%
- Vitamin C 80% Iron 1%

### 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
- ½ 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**

<table>
<thead>
<tr>
<th></th>
<th>Kids, Ages 5-12</th>
<th>Teens and Adults, Ages 13 and up</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Males</strong></td>
<td>2 ½ - 5 cups per day</td>
<td>4 ½ - 6 ½ cups per day</td>
</tr>
<tr>
<td><strong>Females</strong></td>
<td>2 ½ - 5 cups per day</td>
<td>3 ½ - 5 cups per day</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.

### 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.

To learn how to do yoga stretches, visit: [www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf](http://www.cdph.ca.gov/programs/cpns/Documents/Network-ShapeofYoga.pdf)

### 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.

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.