



January 2012

Paid for in part by OR SNAP

Winter Fruits

The bright orange color of fresh oranges and tangerines remind us that sunshine can exist during the winter months.

Small children love their fresh sweet taste. Parents love the vitamin C that helps keep children healthy during the long winter months.

Enjoy winter fruits!

Oranges and tangerines are available year round in the grocery store. However, they have their **peak season during January, February and March**. These are the months when they taste their best and are the cheapest! Tangerines are a special treat during the winter.



Tangerines are great for small children.

They are:

- smaller than an orange - which can be the perfect size.
- very easy for little hands to peel.
- sweet!

Sweet Treats



- Add tangerine or orange segments to coleslaw or cottage cheese.
- Toss orange or tangerine segments into a lettuce salad.
- Dip orange or tangerine segments in flavored yogurt.

Food Hero List

- Eat more winter fruit. Try buying tangerines for your family.
- Make a healthy orange treat for your family.
- Other: _____

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