

# March 2017



Pick a **better snack**™



## Orange You Glad Winter is Almost Over?

But don't let it slip away before you've eaten plenty of citrus fruits. Why? Because citrus fruits are in season during the winter, meaning they taste great and are at their lowest price. You can find a variety of citrus fruits in the store such as oranges, clementines, grapefruit, tangerines, lemons, limes, and, sometimes, tangelos (a cross between a tangerine and grapefruit).



### How Much Fruit Does My Child Need Each Day?

Age	Fruits
Children 4-8 years	1 to 1 1/2 cups
Children 9-13 years	1 1/2 cups

1 large orange = 1 cup

1 medium clementine = 1/2 cup

Snacks are a great time to eat fruit.

## Easy Side Dish

Peel and section oranges or clementines and put in a small bowl on the dinner table. Watch the kids eat away!



## Fruit of the Month:

# Orange/ Clementine

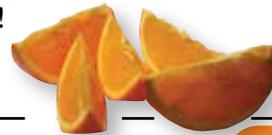


### Simple Snack:

Clementines have a loose skin, easy enough for young children to peel. You can almost bet that clementines will be juicy and sweet.

Oranges can be a little more difficult to peel. Many schools serve them this way:

- 1 Cut the orange lengthwise.
- 2 Then cut each half into 3 to 4 sections.
- 3 Eat each section, removing the peel with your hands as you go. Or just take a bite!



Peel. Bite. How easy is that?

## Shop \$mart!

Oranges are sold individually or in a bag. Clementines are usually sold in a bag or small crate. Buy the quantity that your family will eat in the next two weeks. That's about how long they stay fresh in the refrigerator.

Calculate the unit cost to decide if it's cheaper to buy in bulk.

3 oranges for  
**\$1.00** is  
**\$.33** per orange



**\$2.99** for 10 lb. bag is  
**\$.29** per orange  
(based on 10  
oranges per bag)



prices vary by store



Funded by USDA's SNAP, an equal opportunity provider and employer, in collaboration with the Iowa Departments of Human Services and Public Health. Iowa's Food Assistance Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. Go to [dhs.iowa.gov/food-assistance](http://dhs.iowa.gov/food-assistance) for more information. Created July 2016.