Harvest of the Month:
Mandarins
Tuesday, Jan. 24th

- All teachers will receive:
  - Family newsletters to send home
  - Stickers to give to students
- Each student and teacher will receive a tangerine
- Please have students complete the activities in the workbook!
- Check out recipes on the back of this page.

Lunar New Year...
is celebrated on Sat., January 28th in Chinese, Vietnamese, Mongolian, Korean, and Tibetan communities.

Tangerines and oranges are Chinese New Year symbols which represent luck and good fortune.

Enjoy this month’s harvest for benefits beyond fiber and Vitamin C!

KEY MESSAGES

✓ Children should be active for 60 minutes a day!
✓ Adults should be active for at least 30 minutes a day.

Harvest of the Month — What’s Next?

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WELLNESS WATER OF THE MONTH...

Orange & Rosemary

For more resources, visit our website: www.healthiersf.org/nutrition
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.

Cinnamon-Orange Glazed Sweet Potatoes

Ingredients
Serves 6

- 1½ cups 100% orange juice
- 2 tablespoons Honey
- 1 teaspoon Cinnamon
- ¼ teaspoon Chili powder (optional)
- 2 Lbs. fresh sweet potatoes peeled and cut into small cubes
- 2 cups Raisins

What You’ll Need
- Medium saucepan with lid
- Large spoon
- Cutting board
- Knife
- Measuring cup
- Vegetable peeler (if using orange zest)

Directions
1. In a medium saucepan, bring orange juice, honey, cinnamon, and chili powder to a boil.
2. Add sweet potatoes to the saucepan and simmer, covered, for 15 minutes.
3. Remove cover and add raisins; cook over medium-high heat for 5 minutes or until orange sauce has thickened.
4. Serve immediately.

Spinach and Citrus Salad

Ingredients
Serves 4

- 3 cups Spinach washed
- 3 Oranges peeled and broken into sections or sliced
- 3 tablespoons Sliced almonds
- ½ cup Dried cranberries
- 1 tablespoon Vegetable oil
- 3 tablespoons 100% orange juice
- 2 tablespoons Rice vinegar

What You’ll Need
- Measuring cups
- Knife
- Cutting board
- Measuring spoons
- Serving bowl
- Whisk/fork

Directions
1. In a serving bowl, combine spinach, oranges, almonds, and cranberries.
2. In a bowl, whisk together vegetable oil, orange juice, and rice vinegar for the dressing.
3. Toss salad with dressing and serve.