January 2021 Nutrition News

Dear Families:

Include **5 or more fruits and vegetables** in your daily diet.

This month we will focus on **citrus fruits!** Citrus fruits (oranges, grapefruit, lemons, limes, etc.) grow on trees in warm tropical areas.

**To select:**
- Look for clear, blemish free rinds.
- Choose citrus that feels heavy. The heavier, the juicer!
- Avoid citrus with soft, tender spots or with wrinkled skin.

Once you get your citrus home, you can store it on the counter or in the fridge. Citrus stored on the counter will keep for about a week. Citrus stored in the refrigerator can last 2 to 3 weeks.

Sincerely,

Tracey Sauke, RD, LD
Registered Dietitian

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**New Year’s Resolution:**
**Drink More Water!**

70-80% of your body is made up of water. Water acts like fuel to your body.

**Sunny Chicken Pockets**
Makes 6 Servings

**All you need:**
- 8 ounces rotisserie chicken, cut into cubes (2 cups)
- 2 oranges, sectioned and chopped
- ½ cup frozen peas, thawed
- 1/3 cup mayonnaise
- 1 tablespoon orange juice
- ½ teaspoon finely grated orange zest
- 3 pocket pitas, cut in half crosswise
- Lettuce (optional)

**All you do:**
1. In a large bowl, combine chicken, orange sections and peas. In a small bowl combine mayonnaise, orange juice and orange zest. Add to chicken mixture; stir to coat.
2. Gently open the pockets of each pita half. Place chicken mixture evenly into each pocket. Add lettuce, if desired, and serve.

Source: www.floridacitrus.org

Your child should have a vitamin C food every day, oranges are a great option!
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**Total Meals for Week:**

- 25
- 18
- 11
- 4

**RULES FOR CREDIT:**
- Eat Together
- Turn Off TV
- Sit Around Table Together
- Pass Food Family Style
- Have Meal Conversations

*January 2021 Family Meal Tracker for In-Kind Credit*
Have child cut out the food cards. Discuss that a citrus fruit is a fruit that grows on a tree which has a thick rind and juicy pulp. Using the picture cards point out the rind and the flesh. Talk about which parts of the fruit you eat.