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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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Oregon State UNIVERSITY **OSU** Extension Service



Winter Fruit Crisp

Ingredients

- 4 cups diced **apples** or **pears** (or 3 cups with 1 cup cranberries)
- 2/3 cup packed **brown sugar**
- 1/2 cup all-purpose **flour**
- 1/2 cup **rolled oats**
- 1/3 cup **margarine**
- 1 teaspoon **cinnamon**

Directions

1. Heat oven to 375 degrees.
2. Arrange fruit in oiled or sprayed square pan (8 x 8 x 2 inches).
3. Mix remaining ingredients; sprinkle over fruit.
4. Bake until topping is golden brown and fruit is tender, about 30 minutes.

Notes

- Use any fresh, frozen or drained canned fruit that you have on hand.
- Add 1/2 cup of dried fruit (raisins, cranberries, cut apricots).
- Try vanilla yogurt as a topping and sprinkle with cinnamon.

Nutrition Facts

Serving Size 3 inch x 3 inch square (98g)
Servings Per Container 9

Amount Per Serving

Calories 230 **Calories from Fat 70**

% Daily Value*

Total Fat 7g **11%**

 Saturated Fat 1g **5%**

 Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 85mg **4%**

Total Carbohydrate 43g **14%**

 Dietary Fiber 3g **12%**

 Sugars 30g

Protein 2g

Vitamin A 6% • Vitamin C 4%

Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more recipes and Tips on eating well for less, visit www.foodhero.org