



## peel an **orange**

Keep orange segments in a bowl in the refrigerator where children can see them.

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

Oranges and clementines have their peak season during January, February and March.

These are the months when they taste the best and are the cheapest!



© Nutrition Matters, Inc.
All Rights Reserved.
This tipsheet can be reproduced for educational purposes.





## peel an **orange**

Keep orange segments in a bowl in the refrigerator where children can see them.

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

Oranges and clementines have their peak season during January, February and March.

These are the months when they taste the best and are the cheapest!

