

Children love the **fresh sweet taste** of oranges and tangerines. Parents love the **vitamin C** that helps keep children healthy during the long

## **Clementines**

Clementines are a special treat during the winter. They are very easy for little hands to peel.

You may be surprised how sweet they taste during the winter.
Oranges and tangerines have their peak season during
January, February and March. These are the months when
they taste the best and are the cheapest!

## Peel an orange.

Keep the orange segments in a bowl in the refrigerator where your children can see them. Dip orange pieces in flavored yogurt.

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