Eat *Mandarins*

Mandarins include: mandarin oranges, tangerines, clementines, satsumas, and tangelos.

Snack Tip:

Dip tangerine segments into lowfat flavored yogurt.

Produce Tip:

Keep on the counter and use within a few days. Or, store in the refrigerator for up to one week.

Health Tip:

Excellent source of Vitamin C, which helps heal cuts and wounds.

For CalFresh information, call 530-225-5767. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips.

California Department of Public Health

Network for a Healthy California Harvest of the Month

cal fresh BETTER FOOD FOR BETTER LIVING

CHAMPIONS for CHANGE Network for a Healthy California