

JANUARY 2022

PATCH FOOD PROGRAM NEWSLETTER

LEMONS, ORANGES, & GRAPEFRUIT

FRESHLY SQUEEZED PINK GRAPEFRUIT CARA CARA JUICE

Ingredients

- 2 Pink grapefruits cut in fourths
- 6 Large Cara Cara Oranges cut in fourths
- 2 cup ice
- 1 cup water

Instructions

1. Squeeze juice out of grapefruit and oranges into a bowl. *Tip: Use a Juicer or lemon squeezer.*
2. In a large carafe, add water, ice and juice. Shake well and serve.
3. Extras: Add fresh mint leaves. Also, be sure to strain pulp out completely if you're kiddo doesn't care for it. And if your kiddos like their juice on the sweeter side just add the cup of water to a saucepan along with a tsp or two of organic sugar. Warm up a few minutes (do not boil) and poor into carafe followed by ice and juice.

Oranges, grapefruit, lemons, limes, shaddocks, and citrons are all types of citrus fruit. Citrus fruits have a juicy pulp inside a leathery skin. They grow on trees, bushes, or shrubs. Citrus plants belong to the rue family of flowering plants.

Farmers often grow citrus trees in areas called groves. Citrus plants may also grow in the wild or in people's gardens. Citrus fruits are a healthy food because they are rich in vitamin C. Many people eat citrus fruits raw or squeeze them to make juice.

People also use citrus fruits to flavor drinks and cooked dishes. In addition, citrus fruits may be canned or made into jam.

Citrus rinds provide oil that may be used as a flavoring or in making perfume and medicines. Rinds may also be cooked with sugar to make candy.

FOOD FOR THOUGHT

Why do Mushrooms get invited to all the veggies parties?





STARTING HEALTHY EATING HABITS FOR LITTLE ONES

by Learning Care Group

In Japanese culture, children love fish, veggies, and tofu. In Indian culture, children adore spicy lentils, okra, and pickled mango. In Brazilian culture, kiddos dive into stewed rice and beans with meat and veggies. So why do so many American children insist on a “white diet” of pasta, fries, and chicken nuggets?

They learn their habits from us. Even before birth, parents have a major impact on their children’s food preferences.

Mom and Dad’s healthy eating is the fundamental contributor to our children’s healthy eating. But if you lived on drive-thru during your pregnancy (as I did during my first), there’s still hope for boosting the nutritional habits of the whole family. Our children naturally try, and even love, healthy, new foods when it’s an expected part of family life. Will they still ask for mac and cheese? Sure. Is it still OK to give them their faves once in a while? Of course. Might they skip an occasional meal while they test your resolve in serving healthier fare? Perhaps. But this is a test worth passing. Here’s how:

- **Start slow. Add new foods one at a time.** New foods paired with trusty old favorites increases the chances they’ll try – and like – the healthy addition.
- **Hunger helps. Try out new foods when your little one is good and hungry.** Many “picky eaters” are simply kiddos who snack too often, or are already filled up on milk or juice.
- **Just a bite. Make it a mealtime rule that at least a small portion be tried before the rest of the more familiar meal is served.** A tiny taste won’t hurt, and will eventually help broaden your little one’s food horizons.
- **Kids in the kitchen. Include your child in the food-prep process from start to finish.** Make it a family tradition to pick one new recipe per week – with your child’s input. Helping with shopping and prep also makes it more likely your child will enjoy the new recipe.
- **Peer pressure. Eating with other children with adventurous palates** will inspire your little one to try new menu items. Harness the example of veggie-crunching cousins and friends for healthier eating habits.

Beacuse they’re the FUNGIS (fun guys)!

