



## PRODUCE OF THE MONTH

Oranges are the perfect portable, delicious and healthy snack that will help make you feel fuller longer due to their high water and fiber content. They are fat, sodium and cholesterol free and an excellent source of Vitamin C. Vitamin C is an important antioxidant, which helps to neutralize free radicals. It is essential for the production of collagen, which is needed for healthy skin and gums, and is also important for supporting your body's immune system.

The fresh orange season typically runs from October through June. Find oranges with a thinner skin; they tend to be juicier. Oranges are best stored in the refrigerator where they will keep for up to three weeks.



## Picture perfect lunch

### No more, "What's for lunch?"

Many kids have trouble reading the lunch menu, so we've made it easier to see what's for lunch. The NMS food service team and the Juneau School District food service supervisor have come up with a new way to help your kids understand what's for lunch—a picture white board! Photos of the lunch entrée options are posted, along with a description, so that the kids—especially the younger, elementary-aged students—can understand what their lunch options are as they wait in line.

"Before, it just said 'special' and the kids didn't know what the food item was until it was unwrapped," says Greg Regester, NMS General Manger. "We were just trying to improve the lunch process."

NMS likes to keep the lunch experience interesting and lively, so new menu items were introduced to the kids as well. The January selections are fish themed: fish tacos, fish nuggets and new fish wraps.



*Eating fish with lots of Omega-3 fatty acids can help improve skin conditions, reduce chances of blood clotting and raise serotonin levels.*



## Great Recipe: Mandarin Orange Yogurt Parfait (serves 1)

You'd be amazed how much the kids like it

### Ingredients:

- 1/2 cup low-fat vanilla yogurt
- 2 teaspoons Honey, divided
- 1/2 cup Mandarin Oranges, canned
- 1 tablespoon almonds, slivered

### Directions:

1. Combine yogurt and 1 teaspoon honey.
2. Place a serving cup or parfait glass on a clean work surface.
3. Deposit in glass in layers.
  - 1/4 cup yogurt mixture
  - 1/4 cup oranges
  - 1/4 cup yogurt mixture
  - 1/4 cup oranges
  - 1 tablespoon almonds
  - 1 teaspoon honey
4. Keep refrigerated until ready to serve.

**NUTRITION FACTS:**  
272 calories  
4g fat  
53mg sodium  
2g fiber



### Holidays & Celebrations

#### January:

Martin Luther King, Jr. Day, Jan. 16

## Healthy Living

Keep the kids going this winter

Kids should be physically active for at least 60 minutes a day. With these winter months upon us, it's harder for help kids release energy and maintain a healthy level of physical activity. Kids are often active in short bursts of time and those bursts can add up to a healthy activity level.



Create fun games to get them outside; shoveling, building snowmen, snow forts, a friendly snow ball war, or tag. All are great ways to fight off the winter lethargy and avoid unhealthy habits.

If the weather is just too bad, there are indoor options. The Nintendo Wii, Xbox Kinect and PlayStation Move gaming consoles have various physically active youth games. Do some research; find which games fit your family fun style.

And the best part of these winter activities? They can all be done as a family! Make the time to ensure that not only the kids are being physically active, but yourself as well.

### CONTACT US!

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