

# Harvest of the Month

Network for a Healthy California



# Oranges

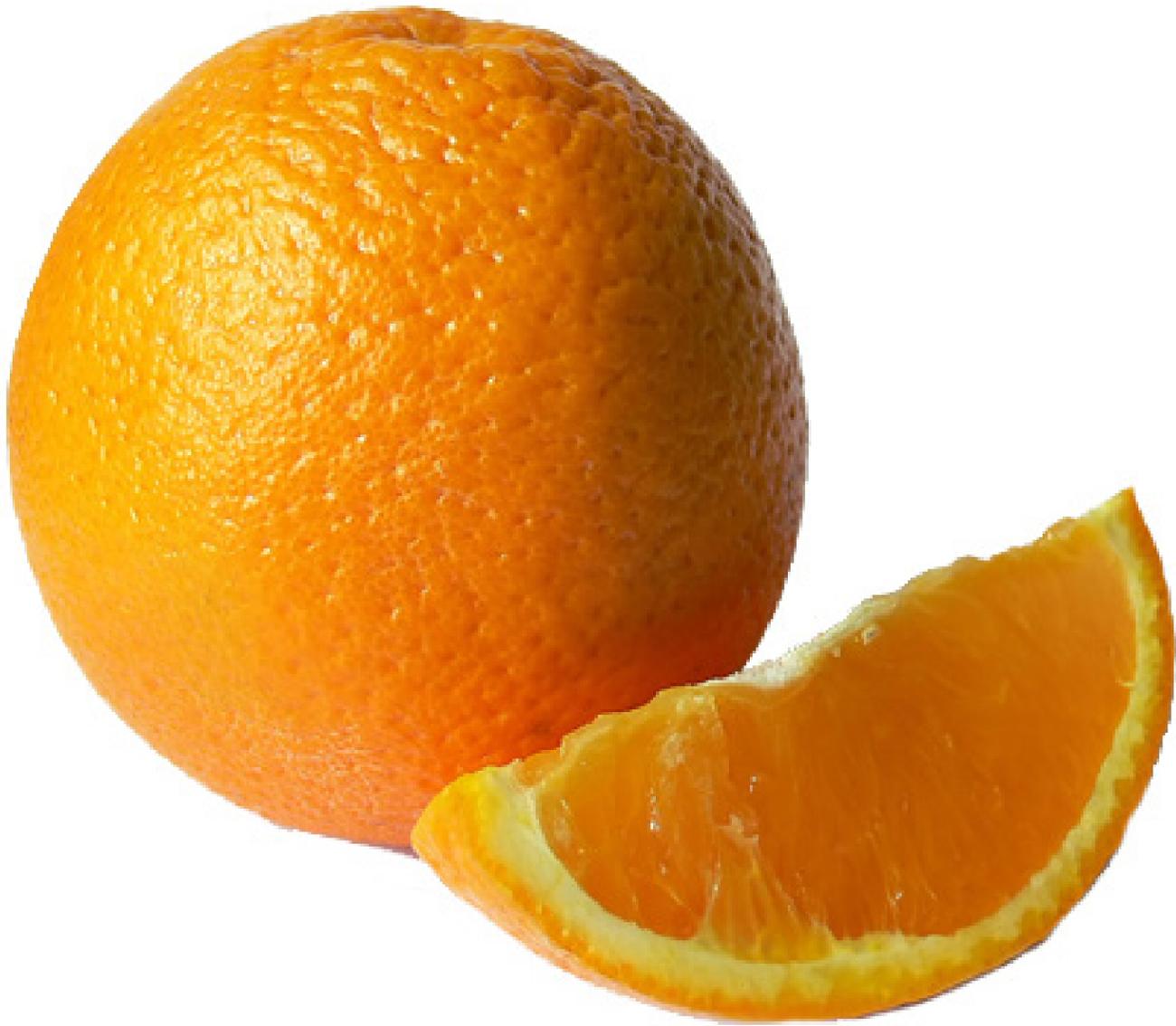


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This material was created by a Network-funded agency as  
companion to the Harvest of the Moth toolkit developed by  
the Network for a Healthy California.

This material was funded by USDA's Food Stamp Program through the California Department of Public Health's Network for a Healthy California. These institutions are equal opportunity providers and employers. The Food Stamp Program provides nutrition assistance to people with low income. It can help buy nutritious foods for a better diet. For information on the Food Stamp Program, call 1-888-328-3483.  
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Do you know  
about oranges?



Did you know  
that oranges  
are a fruit?



I just thought you  
might like to know.

Did you know that  
oranges grow  
on trees?



I just thought you  
might like to know.

Did you know  
that oranges  
are orange?



I just thought you  
might like to know.

Did you know that  
**oranges** have a **peel**?



I just thought you  
might like to know.

# Did you know that oranges give you Vitamin C?



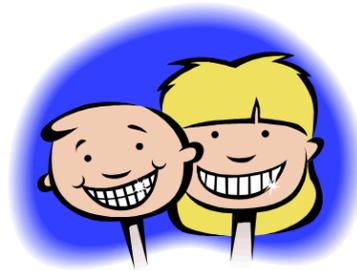
## Vitamin C



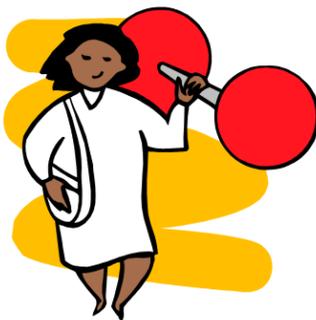
Holds bones together



Helps cuts



Helps teeth and gums for a beautiful smile



Helps keep blood strong to keep you healthy

**Tulare County Office of Education**  
*Jim Vidak, County Superintendent of Schools*

This material was produced by the California Department of Public Health's *Network for a Healthy California*, with funding from the USDA Supplemental Nutrition Assistance Program (formerly the Food Stamp Program). These institutions are equal opportunity providers and employers. In California, food stamps provide assistance to low-income households, and can help buy nutritious foods for better health. For food stamp information, call 877-847-3663. For important nutrition information visit [www.cachampionsforchange.net](http://www.cachampionsforchange.net).

# I just thought you might like to know.