



MINNEOLA *Tangelo*

Sweet Minneola tangelos are also known as "Honeybells" because of their raised neck, which gives them a bell shape. Developed in 1931 in Minneola, FL, they're a cross between a tangerine and a pomelo. Minneola tangelos are usually seedless and easy to peel. They're just as sweet as oranges (and sometimes juicier), so use a napkin when you eat one!

Cook SOMETHING NEW



Maybe you found an interesting vegetable at the store -- kabocha squash, anyone? Or you're looking to add more fruit and vegetables to your diet?

Cooking as a family is a great way for kids to learn.

The website www.budgetbytes.com is a good source for affordable and easy recipes.

New Year NEW MOVES



Find ways to move more everyday. Exercise doesn't have to be done in a gym -- it all adds up and makes you feel good in body and spirit.

- How about some stretches when you wake up?
- Use a kitchen timer to mark one minute of jumping jacks.
- Invite a friend for a walk.
- **Play a family game of Twister or have a dance party.**
- See who in your family can balance on one foot the longest.