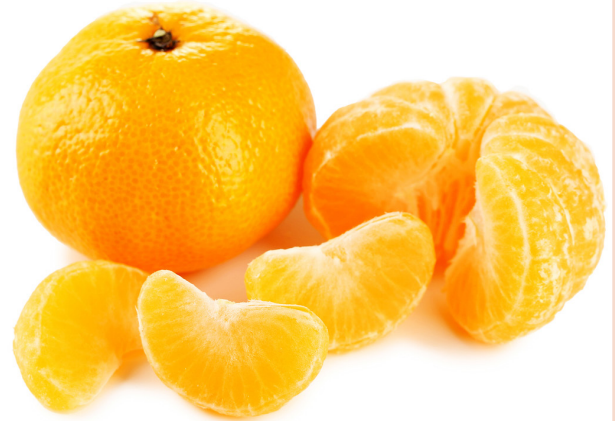


KISHU Mandarins

About the size of a large walnut, **super sweet, seedless, and easy to peel**, Kishu mandarin oranges are irresistible. They're a perfect snack or "two-bite" dessert. For a juicy burst of flavor, try tossing segments in a green salad with avocado.



Welcome in A NEW YEAR

What are your wishes and bucket list items for 2021? Reflect on what you missed this year, what's important to you, and take some time to write down your hopes and goals for the coming year.



Winter WORKOUTS...

Don't let cold weather stop you from getting exercise, fresh air, and sunlight. Dress in layers and head outside. Invite a friend for a weekend walk. Take a bike ride while you listen to music or a podcast. If you're pressed for time, step outside for five minutes of jumping jacks. Warm up your body, breathe in the cool air, and clear your mind.

TAKE A Vacation

Who says you have to travel to take a vacation? **Take a mini break anytime, anywhere:** Find a quiet spot and close your eyes. Think of the most relaxing, beautiful place you know. Activate all your senses: what are you hearing, seeing, smelling, feeling? Immerse yourself for a few moments or longer. When you're ready, open your eyes, take a deep breath, and return home!



For info on The FruitGuys' Farm-to-School program, contact customer service:
650-243-5722 • schools@fruitguys.com • fruitguysfarmtoschool.com

