

# Nutrition for Active Families

## Youth Soccer and South African Oranges

(NAPSA)—Each weekend across the U.S., soccer parents wonder what the right team snack would be for hungry and thirsty players. More and more, they are selecting South African oranges for that half-time boost or post-game refresher.

The oranges offer a sweet, delicious and nutritious burst of juicy flavor and fiber players need to sustain them through the second half of their game or their day. Coaches and parents have been looking for the right alternative to sugary juice boxes and chips. Quartered oranges fill up exercised stomachs, quench thirst, and provide nutritious and sustained energy that can't be found in processed snacks.

"Parents all over the country know that citrus is a great half-time thirst quenching and energizing snack for their soccer playing children. The fruit is seedless, easy to peel and known for its great flavor. The oranges are available at retailers and club stores in most parts of the country right through the fall soccer season," said Joretha Geldenhuys, CEO of the Western Cape Citrus Producers' Forum (WCCPF). The WCCPF is an organization of more than 350 South African producers of citrus approved to export their fruit to the U.S.

South African oranges and youth soccer have been on the same team for the last few years.



**A juicy, delicious fruit such as South African oranges can boost halftime energy levels for your young soccer stars.**

With youth soccer the most popular sport in the U.S., the WCCPF readily supports and sponsors the U.S. Youth Soccer Championships by distributing thousands of oranges to players competing there.

South Africa is the second largest exporter of citrus. U.S.-bound oranges come mostly from the Western Cape region near Cape Town, the Northern Cape near Kimberley and the northwest near Upington. For more information, go to [www.summercitrus.com](http://www.summercitrus.com) or find South African Summer Citrus at [www.facebook.com/summercitrus](https://www.facebook.com/summercitrus).

When it is your turn to be soccer snack parent, you can grab the South African oranges, quarter them and watch for the orange smiles. Just remember to have the players keep the peels off the fields.