



SHOPPERS TIPS

- Look for fruit with shiny skin that is firm and heavy for its size.
- Oranges with thin skins tend to be juicier than those with thick skins.
- Avoid fruit with bruised, wrinkled, or discolored skins.

WHAT IS IN IT FOR YOU?

- The daily recommended Vitamin C intake is met with consuming one orange.
- A source of fiber and other essential vitamins and minerals.

SERVING IDEAS

- Orange slices make a quick snack.
- Toss peeled orange segments into your green salads.

PEAK SEASON

- Florida varieties are at their peak season majority of the year, excluding the months of July, August, and September.
- Florida is the number one citrus producer.

STORAGE

- Oranges can be stored at room temperature or in the refrigerator for up to two weeks.

Scan here to take our quick survey and be eligible for a prize!



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Nutrition Facts Breakfast Fruit Cup

Serving Size 1/4 of recipe

Calories: 90, Calories from Fat: 5, Total Fat: 1g, Saturated Fat: 0g, Trans Fat: 0g,
Cholesterol: 0mg, Sodium: 25mg, Total Carbohydrate: 20g, Dietary Fiber: 2g,
Sugars: 13g, Protein: 3g, Vitamin A: 4%, Vitamin C: 70%, Calcium: 8%, Iron: 2%