

Harvest of the Month

Orange

Calories

62

Total Fat

0g

Sodium

0mg

Sugars

12g

1
Cup


FUN FACTS:

Most of the oranges harvested today are turned into orange juice.

This institution is an equal opportunity provider.



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Orange

Calories

62

Total Fat

0g

1
Fruit

Sodium

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Sugars

12g

FUN FACTS:

The orange originated thousands of years ago in Southeast Asia.

There are over 600 varieties!

They are packed with Vitamin C, which helps fight infections, promotes healthy teeth and gums, and makes it easier for the body to absorb iron.

Almost 85% of all oranges are used for juice.

Marmalade is orange jam.

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