

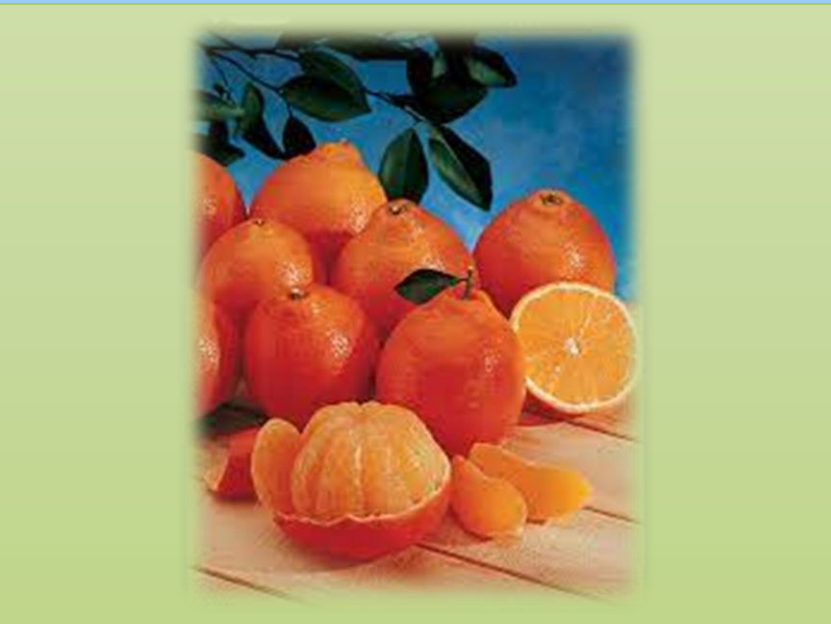
Fresh Fruit & Vegetable Program: December 22, 2022

Featured Fresh Fruit: **HONEYBELL ORANGES**



Health Benefits:

1. Rich in Vitamin C – immune system and healing
2. Antioxidants – overall health and fight against cancer
3. Potassium – heart health and muscles



Fun Facts:

1. Technically, it is classified as a tangelo, which means that it is half tangerine and half grapefruit.
2. This citrus hybrid was developed by the U.S. Department of Agriculture Horticulture Research Station in Orlando.
3. Honeybells are extra juicy, and 1 fruit has as much juice as 2 ordinary oranges!

