

Fresh Fruit & Vegetable Program: January 2023

Featured Fresh Fruit: **GRAPEFRUIT**



Health Benefits:

1. Vitamin C: supports immune system, healthy skin, and healing
2. Fiber: heart healthy, digestive system & stable energy
3. Antioxidants: overall wellbeing, reduces risk of heart disease and cancer



Fun Facts:

1. Most grapefruits grown in the United States come from Florida, California and Texas.
2. The Ruby Red grapefruit was accidentally discovered in Texas by citrus growers in 1929, in 1993 it became the official state fruit of Texas!
3. Just like grapes, grapefruit actually grow in clusters of up to 25!

