



A program of Society of St. Andrew

\$54

will share **600 pounds** of oranges which is the same as **2,070 servings** of food to hungry people in need. Normally, this amount of food in the grocery store would cost **\$1.18 per pound** for a total of **\$708.00**.

THANKS to you for helping provide a solution to hunger. We appreciate you being a part of Society of St. Andrew's Adopt a Bushel-Feed a Nation Project.

ORANGES



Society of St. Andrew
GLEANNING AMERICA'S FIELDS
FEEDING AMERICA'S HUNGRY

Learn more and sign up at
EndHunger.org/ABFN

HEALTHY TIP: CITRUS FRUIT

WHAT ARE CITRUS FRUITS?

- Lemons, limes: Use the juice and zest of these fruits to flavor dishes like salsas, marinades, sauces, chicken, fish, and baked goods. Or simply add to water for a fresh beverage!
- Grapefruits, tangerines, oranges: These are great in green salads, fruit salads, salsa, water for flavor, sauces, or as a simple snack!
- Kumquats, citrons

Citrus is known for its high amount of
VITAMIN C, *which helps keep kids healthy!*

SELECTING:

- Citrus fruits should have smooth and shiny skin, and feel firm and heavy.
- Avoid citrus fruits if they have rough, cracked, or discolored skin, or are mushy.

STORING:

- Citrus fruits should be refrigerated. Do not freeze.
- You may squeeze the juice from citrus and freeze the juice.

PREPARING:

- Wash citrus and dry it off before peeling. Remove the top and the bottom of citrus by slicing with a knife. Let citrus sit flat and use knife to remove the skin down each side. Then, cut citrus in half and use knife to cut out each segment.
- Do not eat the skin of citrus fruits.

COOKING:

- Citrus is usually eaten raw, but may be used to make marmalades, desserts, marinades, or to add flavor to other dishes!