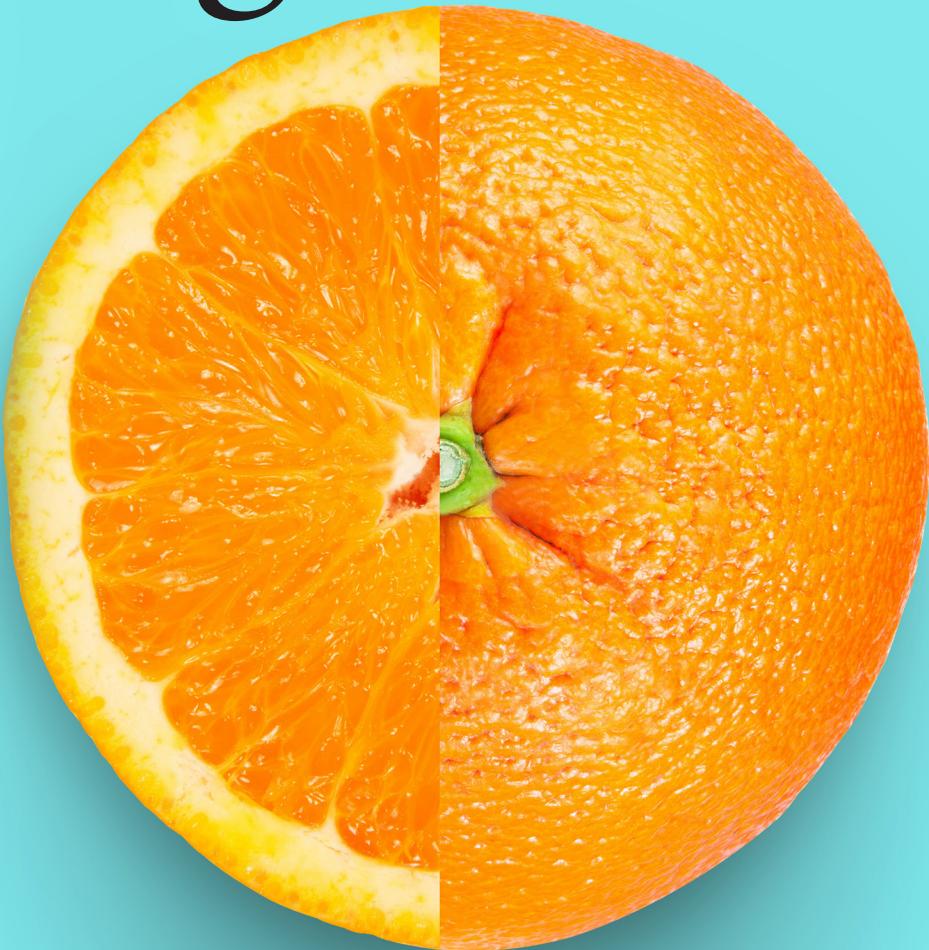


# Refreshing Oranges

Juicy, tart, sweet – they supply fabulous amounts of vitamin C, folate, potassium, and fiber, which help promote and protect your health.



## ENJOY SLOWLY

Be mindfully present.  
Slowly peel your orange.  
Savor the aroma, taste,  
and texture, one juicy  
bite at a time.

## INFUSE

Slice and add to  
sparkling water for a  
sweet citrusy flavor.

## TOSS

Add peeled and chopped  
orange segments to a  
dark leafy green salad.