

We are celebrating  
**oranges!**

**Oranges are full of vitamin C,  
which helps keep your  
immune system  
strong.**



*Try Food Hero's Orange, Jicama  
and Carrot Salad for a refreshingly  
crunchy and sweet snack!*



**Oregon State  
University**



Visit [FoodHero](https://www.foodhero.org) to find more healthy, tasty recipes  
that fit your budget!

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