

Oranges

- Oranges stored on countertop at room temperature last for 1 week.
- Oranges stored in a crisper drawer in the refrigerator last for up to 1 month.
- Store cut oranges in an airtight container in the refrigerator for 1 week.

Oranges are a good source of fiber and a rich source of vitamin C and folate.

These nutrients may benefit heart health, reduce the risk of some chronic diseases, enhance iron absorption, and support your immune system.

