

SAISD CHILD NUTRITION SERVICES  
FRESH FRUIT & VEGETABLE PROGRAM

# BLOOD ORANGE



It's not just orange on the outside, but inside, it's a beautiful deep red.

These special oranges get their unique color from a pigment called anthocyanin, which is also found in berries. Blood oranges are a little sweeter and less tangy than regular oranges. They're packed with vitamin C, which helps keep us healthy and strong.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER