

# Sodexo @ IMSA

February 2014

## PRODUCE OF THE MONTH: Oranges

It's safe to say that people know oranges are loaded with Vitamin C. But did you know that oranges also contain folate, potassium, and antioxidants. With all that healthy goodness, an orange makes a great snack for people in a hurry!

There are many types of oranges. Popular varieties include the navel, Valencia, Hamlin, temple, and amber sweet. The navel is the most popular orange to eat because it's sweet, juicy and easy to peel.

There are many ways you can snack on them! You can peel and eat them, cut them into round slices, put them in a salsa, dip them in low-fat yogurt, or use a slice to spruce up your water.

Every day, in everything we do, Sodexo strives to provide Quality of Life Services that embrace diversity and inclusion while celebrating unique backgrounds, ideas, experiences, perspectives and life stages.

This month we are celebrating Black History Month with a special Dinner being served on Thursday

February 20, 2014  
from 5pm – 6pm.

We hope that you can join us!

**CONTACT US!** Call or send a message whenever you have a question or comment about your meals.

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