

## how to freeze oranges

1. Peel oranges and break into segments.
2. Pack tightly in freezer bags and freeze.
3. Store oranges in a freezer at 0° F for 4 to 6 months.

*Freeze extra oranges and use later in smoothies!*



© Nutrition Matters, Inc. All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.

## cómo congelar naranjas:

1. Pele las naranjas y divídalas en segmentos.
2. Envase herméticamente en bolsas para congelador.
3. Guarde naranjas en un congelador a 0°F durante 4 a 6 meses.

*Congele más naranjas y úselas luego en smoothies.*



© Nutrition Matters, Inc. All Rights Reserved.  
This tipsheet can be reproduced for educational purposes.

