

NEWS RELEASE

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Celebrate Fruits & Vegetables

June is National Fresh Fruit and Vegetable Month. Adding fresh fruits and vegetables to your plate will add color and provide essential vitamins, minerals, and fiber. Aim to make half your plate fruits and vegetables with these tips:

- Eat a rainbow. Choose colorful fruits and vegetables, especially those that are dark green, red, and orange.
- Serve fruits and vegetables for snacks. Cut up fruit or raw vegetables with dip are easy and healthy ways to add more fresh produce throughout the day.
- Choose seasonal produce. Fruits and vegetables that are in season will taste better and be less expensive.
- Consider buying local. Not only are you supporting local farmers, the fruits and vegetables are often picked the day before to ensure freshness.

Celebrate National Fresh Fruit and Vegetable Month by incorporating more fruits and vegetables into your day. For a list of farmers markets with days and hours in Placer County, please go to <http://www.placergrown.org/farmers-markets/>.

Children and adults participating in the UC CalFresh Nutrition Education Program are learning the benefits of eating fruits and vegetables. For more nutrition or program information, please call (530) 889-7350, or visit our website at <http://ucanr.edu/sites/letseathealthy>. "Like" us on Facebook for additional tips and updates at UC CalFresh Nutrition Education Program, Placer/Nevada Counties.

