



Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

Barry County: 330 W. Woodlawn Ave., Hastings MI 49058
Phone: 269-945-9516 Fax: 269-818-0237

Eaton County: 1033 Health Care Dr., Charlotte, MI 48813
Phone: 517-543-2430 Fax: 517-543-7737

Eaton Behavioral Health: 1033 Health Care Dr., Charlotte, MI
48813
Phone: 517-543-2580 Fax: 517-543-8191

For Immediate Release

September 4, 2018

Fruits and Veggies – More Matters Month

Fruits & Veggies—More Matters® is a national public health initiative created to encourage Americans to eat more fruits and vegetables—fresh, frozen, canned, dried, and 100% juice. More than 90 percent of Americans eat fewer fruits and vegetables than the daily amount recommended by the *Dietary Guidelines for Americans*, which ranges from 2 to 6 ½ cups.

The Barry-Eaton District Health Department encourages Barry County families to increase the daily amount of fruits and vegetables they eat. Fruits and vegetables are a great way to be sure your family is getting the recommended daily value of essential vitamins, minerals, and fiber and reduces the chance of developing heart disease, high blood pressure, some cancers, and becoming overweight. An easy rule to follow to be sure you are getting enough nutrients is to fill half of your plate with fruits and veggies for each meal.

The B. Healthy Coalition supports More Matters® by encouraging Barry County families to eat local, fresh, and whole foods as part of a healthy lifestyle. The B. Healthy Coalition is actively working in Barry County to ensure the environment supports healthy choices for all its residents. Visit www.bhealthybarrycounty.com for resources and recipes so you can add more fruits and vegetables to all of your family's meals.

One local resource available to make sure that your family is getting enough nutrients is the Women, Infants, and Children (WIC) program. Qualified individuals have access to Registered Dietitians, nutrition education and meal planning, supplemental foods, breastfeeding support, and referrals to health care. During your first visit, staff will explain how the program works. If you are pregnant, breastfeeding, or have an infant or child under 5, you may qualify!

To see if you qualify for WIC, call the WIC office in Barry County at (269) 945-9516. For more nutrition tips and tricks, visit the More Matters interactive website at www.fruitsandveggiesmorematters.org. This helpful, practical, easy to use resource is designed to help families add more fruits and vegetables to their plates. In addition to the Get Smart! tips, this website also offers recipes, serving ideas, fruit and vegetable storage suggestions, and shopping advice.

This institution is an equal opportunity provider.