



# Barry-Eaton District Health Department

Be Active • Be Safe • Be Healthy

Barry County: 330 W. Woodlawn Ave., Hastings MI 49058  
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May 28, 2019

## Project FRESH and Your Health

The [Barry-Eaton District Health Department](#), (BEDHD) and local farmers are coming together to bring Project Fresh, a program that makes fresh, farmers' market produce available to Barry County WIC participants who are who are pregnant, postpartum, or children ages 1-4 years.

A coupon booklet, worth \$25.00, will be given to WIC participants to be used at local farmers markets in summer of 2019 to buy fresh, locally grown produce. Even though infants 6-12 months do not qualify, all women and children qualify. All farmers participating in Project Fresh will have a laminated yellow poster stating: "Project FRESH Coupons Accepted Here."

To receive the coupon booklet, WIC participants should visit the Barry-Eaton District Health Department on **Friday, June 21, from 9:00am – 12:00pm or 1:00 pm – 4:00pm**, 330 Woodlawn Ave., Hastings, MI 49058. One booklet will be given per family. While no appointment is required, there is a limited supply of the coupon booklets which will be given out on a first-come/first-served basis. If you have any questions, including if you qualify, please call the WIC office in Barry County at (269)945-9516.

BEDHD encourages everyone to eat five or more servings of fruits and vegetables a day for better health. Fruits and vegetables are a good source of vitamins, minerals, and fiber. They are naturally rich in nutrients, low in calories and fat, and are able to reduce health risks such as cancer, heart attack, stroke, diabetes, and other diseases. Fruits and vegetables are the original fast and easy food.

This institution is an equal opportunity provider.

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