

Eating fruits and vegetables as part of a healthy diet can help reduce the risk of chronic, or long-lasting, diseases, such as heart disease, obesity and diabetes.



**Vitamins and minerals  
in fruits and vegetables  
can help the body work  
as it should and fight off  
illness and disease.**

**Choose a colorful variety!**



**CENTRAL  
PENNSYLVANIA  
FOOD BANK**

No One Should Be Hungry



**pennsylvania**  
DEPARTMENT OF HEALTH



**FEEDING  
PENNSYLVANIA**



**PA Healthy Pantry Initiative**  
A project of Feeding PA in partnership  
with the PA Department of Health

Make half  
your plate  
fruits and  
vegetables.

Pick some  
up today!



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