

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.



pennsylvania
DEPARTMENT OF HEALTH


FEEDING
PENNSYLVANIA



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

Funding is provided by the Pennsylvania Department of Health through the Preventive Health and Health Services Block Grant from the Centers for Disease Control and Prevention.

This institution is an equal opportunity provider. This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through the PA Department of Human Services (DHS).

**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!



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Make half
your plate
fruits and
vegetables.

Pick some
up today!

CENTRAL
PENNSYLVANIA



FOOD BANK

No One Should Be Hungry



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