

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.



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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.


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

feedingpa.org/hpi

**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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Pick some
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Second Harvest

Food Bank

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Greater Pittsburgh
**community
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PHILABUNDANCE



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