

# Texas Fruit & Vegetable Day

April 4, 2025



## PURPOSE

To promote awareness of the health benefits of eating fruits and vegetables and encourage students to consume more fruits and vegetables.

## BENEFITS OF FRUITS & VEGETABLES



Packed with nutrients & vitamins



Provides natural energy boosts



Reduces risk of chronic diseases

## HOW TO CELEBRATE

- ✓ Try new colors, shapes, & textures of fruits & vegetables
- ✓ Slice and cut fruits & vegetables
- ✓ Explore the produce section & farmers market
- ✓ Check out frozen, dried and canned fruits & vegetables



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

Fraud Hotline: 1-866-5-FRAUD-4 or 1-866-537-2834 | P.O. Box 12847 | Austin, TX 78711

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Food and Nutrition Division  
Fresh Fruit and Vegetable Program

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Updated 03/13/2024  
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