

# Texas Fruit & Vegetable Day

April 5, 2024



## 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**

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Toll Free: (877) TEX- MEAL | For the hearing impaired: (800) 735-2989 (TTY)



Food and Nutrition Division  
Fresh Fruit and Vegetable Program

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