



News Release

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Media Contact:
Tania Charette, MPH, CHES
Media Coordinator
801-538-6423

30 Ways to Stretch Your Produce Dollar *UDOH Promotes '30 Ways in 30 Days'*

(Salt Lake City, UT) – In tight economic times, many families tend to bypass the produce section at the grocery store and head for cheaper foods to feed their families. But because fruits and veggies can be a key to staying healthy and preventing disease, the Utah Department of Health (UDOH) urges shoppers to take a look at some easy, cost-saving ideas for using produce every day.

“The ideas come from Produce for Better Health and are backed by the CDC,” said Tania Charette of the UDOH Physical Activity, Nutrition & Obesity Program. “They emphasize things like making large batches of soups and freezing portions for later, and creating a weekly meal plan that uses similar fruits and veggies that are prepared in different ways.”

September is national Fruits and Veggies—More Matters® Month and it’s a great time to change your buying and eating habits. You can shop at local farmers’ markets, buy in bulk and freeze the items for later. Other tips include:

- Use a free online calculator (www.extension.iastate.edu/foodsavings/fooddollar/) to figure out how much you should spend to feed your family healthy meals.
- Don’t shop hungry! Eat a banana or apple before going shopping.
- Use 100% frozen juice concentrate instead of bottled juices.
- Keep a supply of frozen fruits and veggies on hand – and buy the large bags to stretch your budget.
- Instead of throwing overripe fruits and veggies away, use them in smoothies.

Research has shown that adding produce to your diet may reduce your risk for heart disease, high blood pressure and some cancers. It also adds important nutrients and provides fiber to help make you feel full and eat less.

For more ideas, visit <http://www.hearhighway.org/morematters.html>

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The mission of the Utah Department of Health is to protect the public's health through preventing avoidable illness, injury, disability and premature death, assuring access to affordable, quality health care, and promoting healthy lifestyles.