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How to Fit Fruits and Vegetables into Your Budget

PSHD Encourages Residents to Incorporate Fruits and Vegetables into Their Daily Routine

Eating healthy does not have to be expensive. It is possible to fit fruits and vegetables into any food budget. Eating fruits and vegetables daily promotes good health and can reduce the threat of many chronic diseases. The United States Department of Agriculture and the Plainville Southington Health District (PSHD) recommend the following low-cost ways to incorporate fruits and vegetables into your daily routine.

- Use fresh fruits and vegetables that are in season.
- Buy fresh fruits and vegetables in small quantities and more often to ensure you get the freshest food possible and to eliminate throwing any away.
- Shop the sales. Check the local newspapers, online and at the store for sales to help reduce costs.
- Make a shopping list and stick to it. Plan your meals ahead and buy only what's on your list.
- Try canned and frozen fruits and vegetables. They may be less expensive than fresh. Choose canned fruit that is packed in 100% fruit juice and vegetables with

low sodium or no salt added on the label. Canned and frozen food can be bought in bulk since it last longer.

- Choose store brands when possible. They cost less and the product is the same or similar to name brands.
- Avoid foods that are pre-washed, pre-cut, and ready to eat. They often cost more than when purchased in their basic form.
- Start a garden. Fruits and vegetables are a great addition to meals.

Visit <https://choosemyplate.gov> for more ideas on how to incorporate fruits and vegetables into your daily routine.

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The mission of the Plainville Southington Health District is to preserve, protect, promote, and improve the quality of life in a healthy environment through the prevention of disease, ongoing health education opportunities and the enhancement of the well-being of its residents.