

## Produce & Pesticides

Key message 1: The benefits of eating fruits and vegetables is well established. They may reduce your risk for high blood pressure, stroke, heart disease, some cancers and digestive problems. These benefits far outweigh any minute risk of exposure to pesticides.

VISUALS – FRESH PRODUCE IN BASKETS AND BOWLS AND SHOPPING CART, PERHAPS MYPLATE SIGN OR ACTUAL PLATE TO SHOW ½ PLATE F&V

Key message 2: Most people don't realize that ALL produce should be washed with water (water only – no soap) and scrubbed with a fruit/vegetable brush. This applies even if the produce is organic! For more information visit: [http://homefoodsafety.org/pub/file.cfm?item\\_type=xm\\_file&id=5885](http://homefoodsafety.org/pub/file.cfm?item_type=xm_file&id=5885)

VISUALS – FRUIT/VEG BRUSH

Key message 3: Follow these tips for getting more fruits and vegetables in your diet:

VISUALS – FROZEN, CANNED, DRIED FRUITS AND VEGETABLES, MEAL & SNACK IDEAS PLATED UP INCLUDING A RECIPE FROM A FELLOW RD.

1. You don't have to rely on fresh produce alone. Use frozen, canned and dried fruits and vegetables to help supplement your fresh produce. This is a great way to get the nutrients you need while saving money and minimizing waste.
2. Don't hide your produce away in the crisper drawer – wash and prep them right away and display prominently on your kitchen counter or on a shelf in the refrigerator.
3. Be adventurous - try new or different types of fruits and vegetables than you normally choose, or try different preparation methods such as roasting vegetables or grilling fruit. Or try a new recipe such as: Southwestern Black Bean Quinoa Salad recipe