

SUMMER CELEBRATION SERIES: JUNE

RESOURCES:

- Healthy Eating and Healthy Recipes:

<https://www.myplate.gov/>

<https://www.allrecipes.com/recipes/1116/fruits-and-vegetables/>

<https://www.foodnetwork.com/healthy/articles/myplate-approved-recipes>

- Search for a Michigan Farmers Markets:

<https://mifma.org/find-a-farmers-market/>



Source: <https://timesofindia.indiatimes.com/life-style/food-news/covid19-natural-diy-fruits-and-veggie-cleaner/photostory/75700398.cms>

June is National Fresh Fruits and Vegetables Month

June kickstarts the summer season and is full of holidays from Juneteenth to Father's Day, but many other national observed holidays occur in June. Everyone knows that obscure holidays like National Macaroni and Cheese Day or National Straw Day exist, but what about other meaningful lesser-known holidays? Each month, I will highlight two health-related observances that you might not be familiar with but will enrich your summer and your life in general. For example, June is considered National Fresh Fruits and Vegetables Month!

The United Fresh Fruit and Vegetable Association began the campaign for National Fresh Fruits and Vegetables Month as early as 1991. [1] June was officially proclaimed to be Fresh Fruits and Vegetables Month in June of 1994 at a ceremony located in the White House. This celebration is still observed each year throughout the month of June!

Why Are Vegetables Important?

Fruits and vegetables are two very important food groups that help fuel your body. According to the CDC, only one in ten adults are eating enough fruits and vegetables! [2] Vegetables and fruits provide you with vitamins, fiber, potassium, folate, and more. Fruits and vegetables are typically low in calories, cholesterol, sodium, and fat. Fruits and vegetables aid in digestion, weight maintenance, blood pressure maintenance, skin and eye health, teeth and gum health, and help prevent chronic and cardiovascular disease. [3] Fruits and vegetables are so important for your health, so use this month to eat more of them! Visit <https://www.myplate.gov/> to learn more about fruits and vegetables, to find your daily recommended amounts, and to discover healthy recipes and tips.

How to Celebrate National Fresh Fruits and Vegetables Month

Celebrating National Fresh Fruits and Vegetables Month can be as easy as adding more fruits and vegetables to your meals! Take this month to try a new fruit or vegetable if you are feeling ambitious. A trip to your local Michigan farmers market is another excellent way to take part in the festivities. Check out the resources section on the left for more information and to look for a farmers market located near you!



Source: https://www.m22michigan.com/stories/m22_farmers_market

1. *Eat Your Vegetables Day*. CooksInfo. (2021, May 25). <https://www.cooksinfo.com/eat-your-vegetables-day>.
2. Felix-Mottley, Z. (2021, April 30). *June is National Fresh Fruit and Vegetables Month*. Food & Health. https://www.canr.msu.edu/news/june_is_national_fresh_fruit_and_vegetables_month.
3. USDA. (n.d.). *What's on your plate?* MyPlate. <https://www.myplate.gov/>.

Look for a post soon to learn about one more holiday occurring in June!