

Choosing colorful fruits and vegetables provides a wide range of vitamins, minerals, fiber and phytochemicals your body uses to maintain good health and energy levels, protect against the effects of aging, and reduce the risk of cancer and heart disease.



Fresh and locally grown foods can be found at the Flint Farmers' Market new Downtown location. The Genesee County Health Department encourages residents to join America's More Matters Pledge to Fight Obesity by eating more fruits and vegetables, trying something new and educating themselves and their families. Our motto is "Better Life through Better Health." For more nutrition and health information visit our website at www.gchd.us or the Fruits & Veggies—More Matters website at www.fruitsandveggiesmorematters.org.

Better Life Through Better Health

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