



## **NEWS RELEASE**

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**FOR IMMEDIATE RELEASE**

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### **SAGINAW COUNTY DEPARTMENT OF PUBLIC HEALTH ANNOUNCES**

#### **2018 PROJECT FRESH CALENDAR**

The Saginaw County Department of Public Health (SCDPH) and local farmers are coming together to bring **Project FRESH**, a program that makes fresh, farmers' market produce available to low-income, nutritionally-at-risk consumers, to Saginaw County **WIC** participants who are pregnant, breastfeeding, or children ages 1-4 years.

A coupon booklet, worth \$25.00, will be given to eligible **WIC** participants to be used at local farmers' markets in the summer of 2018 to buy fresh, locally grown produce. All farmers participating in **Project FRESH** will have a laminated yellow poster stating "**Project FRESH** coupons accepted here."

To receive the coupon booklet, **WIC** participants must attend a short class that explains how and where to use the coupons and what Michigan fruits and vegetables are available for purchase.

Class dates & times for the Saginaw and Hemlock markets are posted at [www.saginawpublichealth.org](http://www.saginawpublichealth.org). Click on the **WIC Banner** or the **WIC** link for access. For those unable to attend a class in person can visit the following website: [www.wichealth.org](http://www.wichealth.org) and follow the posted instructions.

SCDPH encourages everyone to eat five or more servings of fruits and vegetables a day for better health. Fruits and vegetables are a good source of vitamins, minerals and fiber. They are naturally rich in nutrients, low in calories and fats, and are able to reduce health risks such as cancer, heart attack, stroke, diabetes, and other diseases. Fruits and vegetables are the original fast and easy food!

For additional information and to learn more about **WIC**, visit [www.saginawpublichealth.org](http://www.saginawpublichealth.org) and click on **WIC** or call (989) 758-3733. Be Wise. Be Well.

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