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FOR IMMEDIATE RELEASE**Buy Local Fresh Foods for Healthy Meals with Great Tastes**

Interested in eating healthier and supporting your local community? Trips to the farmers market can help you do both.

A study by the American Heart Association (AHA) found that women who ate three or more servings of blueberries or strawberries every week lowered their risk of heart attack by 32 percent. A similar study released by the journal, *Neurology*, found that eating tomatoes regularly can reduce your chance for stroke by 55 percent.

Select fresh produce and other local heart healthy foods at <<insert name, location, hours of local providers/farmers markets>>.

“In terms of nutrient content, you get a lot more with fresh produce,” said Cindy Fitch, director of West Virginia University Extension Service’s Families and Health program. “Once you pick it, the nutrients start to break down. So, fresher is better.”

To find recipes for healthy, inexpensive dishes, explore the US Department of Agriculture’s recipe finder at <http://recipefinder.nal.usda.gov/>. You can search for recipes by ingredients, costs and many other categories. You can also contact your local WVU Extension Service county office for help.

WVU Extension Service’s Love Your Heart Movement is adapted from the National Heart, Lung and Blood Institute’s campaign and is targeted to help West Virginians become educated and enabled to take charge of their own health.

To learn more about ways WVU Extension uses trusted research and local experts to empower citizens to improve their health, contact your local WVU Extension Service county office or visit www.ext.wvu.edu.

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