

## Plan to eat well this summer

Do you know about all the varieties of vegetables and fruit that grow right here in Peel?

With everything from apples to watermelons, and beets to pumpkins, Peel farms are great places to pick up fresh and delicious vegetables and fruit.

"The Region of Peel is focused on improving the health of all of its residents by encouraging more fresh, flavourful and healthy foods in their daily diet," remarked Dr. David Mowat, Peel's Medical Officer of Health. "Vegetables and fruit bring a lot to the table - taste, colour and variety. With many different vegetables and fruit to choose from, your plate will always be interesting."

Residents can visit [GrownInPeel.ca](http://GrownInPeel.ca) to see the seasonal availability of nearly 50 vegetables and fruits in Peel. There is also an interactive map of farm and farmers' market locations, and a listing for each farm that shows what products are available. A paper copy of the guide can be picked up at libraries, fairs and municipal buildings or by emailing [growninpeel@peelregion.ca](mailto:growninpeel@peelregion.ca) to request a printed copy.

Whether picking fresh fruit at a local farm or choosing a healthy option while at a summer festival, residents are encouraged to change the way they think about, enjoy and look at food. A healthy diet rich in vegetables and fruit may help reduce risk of heart disease, stroke and some types of cancer.

"Eating right is just one part of living a healthy lifestyle along with moving throughout the day," Mowat said. "Summer is the perfect time for residents to get active by visiting one of our local markets and sampling the savory produce."

For more information, call the Region of Peel at 905-799-7700 or visit [peelregion.ca/health](http://peelregion.ca/health)