



NEWS RELEASE

For Immediate Release:
September 2, 2009

For More Information Contact:
Wanda Agnew, PhD, LRD OR Vanessa Hoines
Bismarck-Burleigh Public Health NDSU Extension Service
/Morton County
500 East Front Ave. 210 2nd Ave. NW
701-355-1555 701-667-3340
wagnew@nd.gov vanessa.hoines@ndsu.edu

Moving More, Eating Smarter Coalitions Celebrate North Dakota's Fall Harvest

Bismarck N.D. – The Bismarck and Morton County Moving More, Eating Smarter Community Coalitions are celebrating Fruits & Veggies – More Matters® Month this September by encouraging all citizens to enjoy the bountiful fall vegetable and fruit harvest.

“Buying fruits and veggies in season can help you stretch your food budget, while increasing the amount of fruits and veggies we eat” said Vanessa Hoines, Morton County NDSU Extension Agent. You will find additional food and nutrition publications at www.ag.ndsu.edu/food/. Wanda Agnew, dietitian at Bismarck-Burleigh Public Health reminds families to shop at the Capitol Farmers Market booths offered in the community 7-days every week. Check out the locations and times at www.bismarck.org/publichealth or <http://goinglocalnd.ning.com/>. Current in season smart eating choices farmers are bringing to town and available in the grocery stores include melons, cabbage, cucumbers, squash, turnips, tomatoes, grapes apples and pumpkins. Families can find more fruit and vegetable healthy-eating and budget-stretching tips at the Healthy North Dakota website, www.healthynd.org/In_Season.html.

The Moving More, Eating Smarter Communities Program, formerly known as the 5 + 5 Communities Program, celebrated 11 years in 2009. Goals of the Moving More, Eating Smarter Communities Program are to encourage North Dakotans to move more on most days of the week and to make smart choices from every food group. There are 17 MMES Community coalitions across North Dakota; a list of the coalitions and their contacts can be viewed at www.healthynd.org/live.html.

For more information, contact Wanda Agnew, PhD, LRD, BBPH Dietitian at 355-1555, Vanessa Hoines, NDSU Extension Service/Morton County at 667-3340 or Jeanine Wall-Hebert, LRD, Custer Health Dietitian at 667-3370.