



**Healthy Groceries Healthy Vitamins Healthy Answers**



## *Cathy Says...*

When you are trying to adopt healthier choices for your family and the environment, it can be overwhelming to know where to start. Some of the simple changes can make the most impact. Purchasing fresh fruit and vegetables eliminates the processing and packaging of frozen or canned foods. Similarly, selecting organic fruits and vegetables

eliminates the chemical pesticides that have long term effects on environment and our health. Including more fruit and vegetables in our daily diets always has a positive result.

Another good choice is using paper products made from postconsumer fiber. Postconsumer fibers are recovered from paper that would otherwise have been dumped into a landfill. Also, choosing paper and personal products that are labeled chlorine-free will reduce the use of toxic chemicals that are leached in to the air and also into the water supply. When all of us start making healthier choices, it adds up for our health and our world. Celebrate Earth day with Harvest Health Foods. We are here to help you make healthier choices every day.