



PR#270

## PRESS RELEASE

### **Ministry of Health & Wellness Celebrates Regional Fruit Day**

*Belmopan. May 3, 2021. 10:00 a.m.*

The Ministry of Health & Wellness today joins Central American countries and the Dominican Republic in celebrating Regional Fruit Day.

This day is set aside to create awareness on the importance of having fruits in the diet, which in turn reduces the risk of developing certain non-communicable diseases. Observing this day also gives the opportunity to boost local fruit markets and improve the livelihoods of farmers along the value chain. The greatest variety of fruits lies within this region and this initiative further promotes consumption, production, and marketing of fruits within the region.

This year as part of the Fruit Day awareness campaign, the Nutrition Unit within the hospitals will be conducting education sessions and fruits giveaways. In addition, outreach sessions will be done in Belize City at Golden Haven Resting Home, Sister Cecelia Home for the Elderly, and Dorothy Menzies Child Care Center.

Fresh fruits and vegetables are beneficial for consumers because they are rich in vitamins and minerals and contain many nutrients needed to support healthy body systems. It is recommended to have at least five servings each of fruits and/or vegetables per day. A serving constitutes one medium-sized fruit,  $\frac{1}{2}$  cup diced or dried fruits, or  $\frac{3}{4}$  cup fresh unsweetened fruit juice.

Regional Fruit Day was initiated by the Central American Agricultural Council and the Institute of Nutrition for Central America and Panama. This year also marks the celebration of the International Year of Fruits and Vegetables within the context of the United Nations Decade of Action on Nutrition (2016-2025) and the United Nations Decade of Family Farming (2019-2028). These

celebrations are linked to provide greater visibility to farmers while raising awareness of food security and nutrition.

The Ministry of Health & Wellness encourages everyone to make fruits a part of their daily diet.

## **Ends**

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