



Householders' Options to Protect the Environment Inc.

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Think Globally. Act Locally!

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MEDIA RELEASE: “Think Globally, Act Locally”

RE: 2021 International Year of Fruits and Vegetables



The United Nations (UN) has designated 2021 the International Year of Fruits and Vegetables (IYFV) - <http://www.fao.org/fruits-vegetables-2021/en/> .

The UN is promoting fruits and vegetables as dietary essentials because they are vital for our nutrition. Also, by reducing the waste of fruits and vegetables, we can all contribute to sustainable production and increased food security.

Fruits and vegetables are good sources of dietary fibre, vitamins, minerals, and phytochemicals. Due to these nutritional factors, it is recommended

adults consume at least 400 grams of fruits and vegetables daily to prevent chronic diseases and to counter micronutrient deficiencies. Accordingly, we should all monitor the amount of fruits and vegetables in our diets.

Despite their necessity for our health, large amounts of consumable fruits and vegetables are wasted because of aesthetic or physical irregularities. To reduce this waste, we should store and handle fruits and vegetables appropriately to preserve their quality. Reducing waste also includes buying imperfect fruits and vegetables that are perfectly edible and nutritious, so they are not needlessly discarded.

Householders' Options to Protect the Environment (HOPE) Inc. proudly promotes the International Year of Fruits and Vegetables and invites you to help raise awareness of the importance they have for us all. Everybody can get involved by heading to the [official website](http://www.fao.org/fruits-vegetables-2021) <<http://www.fao.org/fruits-vegetables-2021>> and on social media with the hashtag #IYFV2021. Also, keep up-to-date with HOPE Inc. on our [website](#) and follow us on [Facebook](#), [Twitter](#), and [Instagram](#).

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