



The **SUNFRESH** Series

116 23rd Street, Pittsburgh, PA 15222
Phone: 412-391-7532
Fax: 412-391-7995
www.sunfreshfoodservice.com

CHECK OUT THIS WEEK'S SPECIALS!

12 PINT MEDLEY TOMATOES
\$16.75



25 LB. BUSH GREEN BEANS
\$23.75



11 LB. YELLOW PEPPERS
\$14.75



9 CT CANTALOUPE
\$23.75



FIND US ON SOCIAL MEDIA!



[HTTPS://WWW.FACEBOOK.COM/SUNFRESHFOODSERVICE/](https://www.facebook.com/sunfreshfoodservice/)



[HTTPS://WWW.INSTAGRAM.COM/SUNFRESHFOODSERVICE/](https://www.instagram.com/sunfreshfoodservice/)

WE LOVE OUR CUSTOMERS. DO YOU LOVE US?

USE THE QR CODE OR THE LINK BELOW
TO LEAVE US A 5-STAR REVIEW ON GOOGLE AND RECEIVE
10% OFF YOUR NEXT ORDER! (MAKE SURE WE KNOW WHAT COMPANY
YOU ARE IN THE REVIEW SO WE CAN APPLY IT TO YOUR ORDER!)

[HTTPS://TINYURL.COM/SUNFRESHREVIEW](https://tinyurl.com/sunfreshreview)













The **SUNFRESH** Series

116 23rd Street, Pittsburgh, PA 15222
 Phone: 412-391-7532
 Fax: 412-391-7995
www.sunfreshfoodservice.com

PITTSBURGH WEATHER FORECAST COURTESY OF [WEATHER UNDERGROUND](#)

Sun 4/21	Mon 4/22	Tue 4/23	Wed 4/24	Thu 4/25	Fri 4/26	Sat 4/27	Sun 4/28
57° 39°F	63° 41°F	70° 51°F	57° 38°F	61° 40°F	68° 51°F	74° 59°F	78° 62°F
							
Partly Cloudy	Mostly Sunny	Mostly Cloudy	AM Rain	Partly Cloudy	Partly Cloudy	AM Showers	PM

PRODUCE NEWS & UPDATES

ARTICLE COURTESY OF:

THE PACKER

Study examines connection between fruit and vegetable consumption and sleep

A new study from Finland has examined the relationship between fruit and vegetable consumption and sleep duration — and the results are mixed. Both short and longer sleepers reported consuming fewer fruits and vegetables than normal sleepers, the study shows. The study, according to the research abstract, examined the association between sleep duration and fruit and vegetable consumption among Finnish adults, considering the role of demographic, socio-economic and chronotype as confounders.

Participants in the study reported their habitual sleep duration and dietary consumption through a validated self-administered questionnaire, the abstract said. The study evaluated data from the "National FinHealth 2017 Study" involving 5,043 adults aged 18 years and above. Average dietary consumption was compared across three sleep duration categories: short, normal and long. The data revealed short sleepers consumed 37 grams (about 1.3 ounces) per day fewer fruits and vegetables than normal sleepers, while long sleepers consumed 73 grams (almost 2.6 ounces) per day fewer fruits and vegetables than normal sleepers.

"Specifically, short sleep was significantly associated with lower consumption of total fruits and vegetables, green leafy vegetables, root vegetables, and fruit vegetables, with similar patterns observed for long sleepers," the abstract said.

[For complete article, checkout our facebook page.](#)

FEATURED BUSINESS: WE ❤️ OUR CUSTOMERS!

In appreciation for their patronage, each week we feature a different business. We encourage our customers to check out and support all of those that we service!



SUPPORT LOCAL BUSINESSES!

No need to leave the country to have a taste of Italy; you can have it here at Franco's! We're a full-service restaurant with a bar, and we offer the best Italian cuisine in McMurray, PA.

4120 Washington Road
 McMurray, PA 15137
 724-260-0164

CHECK THEM OUT ONLINE! [HTTPS://FRANCOSTRATTORIA.COM/](https://FRANCOSTRATTORIA.COM/)