



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!

5 LB. PEELED GARLIC
\$19.75



12 / 3PK ROMAINE
HEARTS \$26.75



10 LB. SLICED THIN OR
THICK MUSHROOMS \$22.75



25 LB. BUSH RED
PEPPERS \$27.75



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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>





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PITTSBURGH WEATHER FORECAST COURTESY OF WEATHER UNDERGROUND

Sun 2/1	Mon 2/2	Tue 2/3	Wed 2/4	Thu 2/5	Fri 2/6	Sat 2/7	Sun 2/8
22° 8°F  AM Clouds/PM	26° 20°F  AM Clouds/PM	30° 17°F  Cloudy	27° 12°F  Cloudy	25° 17°F  Mostly Cloudy	28° 14°F  Light Snow	17° 4°F  Mostly Cloudy	17° 6°F  Partly Cloudy

PRODUCE NEWS & UPDATES

ARTICLE COURTESY OF:

THE PRODUCE NEWS

Feeling Blue? Blueberries Might Aid Depression and Anxiety, New Research Suggests

A new clinical study suggests eating the equivalent of one cup of blueberries a day could help reduce symptoms of depression and anxiety, highlighting the growing link between diet and mental health.

A new study published in the journal *Nutrients* adds to growing evidence that what we eat can influence how we feel. Researchers at Louisiana State University found that daily blueberry supplementation might help reduce symptoms of depression and anxiety in adults living in rural communities, where access to specialized mental health care is often limited.

The 12-week, double-blind, randomized clinical trial followed 23 participants diagnosed with major depressive disorder, generalized anxiety disorder, or both, all of whom were receiving standard care. Participants consumed either a freeze-dried whole blueberry powder equivalent to one cup of fresh blueberries, or a placebo powder matched for taste, color and calories.

At multiple points during the study, participants completed standardized depression and anxiety assessments, including the Major Depression Inventory and the GAD-7 questionnaire. Clinicians also conducted diagnostic interviews using the Hamilton Depression Rating Scale. By the end of the study, those who consumed the blueberry powder showed a greater reduction in symptoms of depression and anxiety compared with those in the placebo group.

[For the rest of the article, please check out 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!

At Armstrong's, nestled in Coraopolis, PA, we celebrate the authenticity of American and Italian cuisine through our mouthwatering sandwiches and hearty entrees.

Visit one of their locations in Moon, Caste Village, or Bridgeville Express!

CHECK THEM OUT ONLINE! <https://ARMSTRONGS.MENU-WORLD.COM/>