

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 13



FRESH RX FOR MOMS
FOR MOTHERS-TO-BE ON MEDICAID



FRESH. LOCAL. LIVELY.

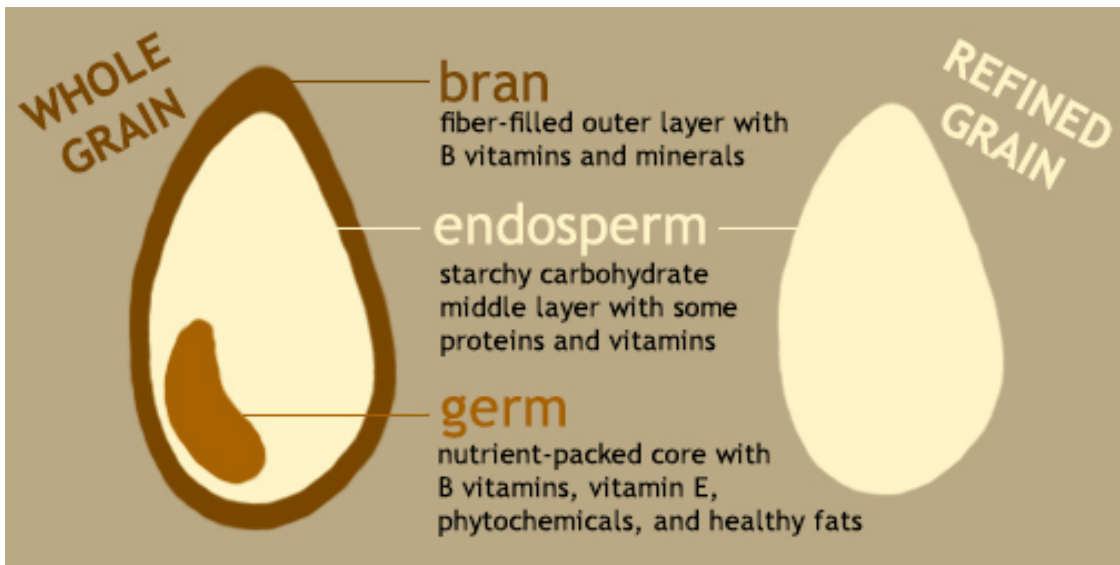
Whole Grains

Importance of whole grains:

During pregnancy, you need a lot of energy for the growth and development of your baby. Along with carbohydrates, your body needs nutrients that whole grain foods contain. These important nutrients include fiber, iron, and B vitamins.

What's the difference between whole grains and refined grains?

During the milling process, refined grains have the bran and germ removed. The bran and germ contain a lot of the beneficial nutrients we need.



Eating More Whole Grains



Look for Foods that say 100% whole wheat.



Whole wheat flour or whole grain should be the first ingredient listed.



At least half of the grains you eat should be whole grains.

Seasonal Recipe



Sloppy Joe

Servings: 6 Prep time: 5-10 min Cook time: 20-25 min

INGREDIENTS

- 1 lb of extra lean ground beef or ground turkey**
- 1 small green bell pepper, diced**
- 1 small red bell pepper, diced**
- 1 small onion, diced**
- 1 tablespoon white vinegar**
- 3/4 cup ketchup**
- 2 tablespoons mustard**
- 6 whole grain sandwich buns**
- non-stick cooking spray**

DIRECTIONS

- 1. Spray a medium skillet with cooking spray.**
- 2. Combine the ground beef, diced peppers and onions in the skillet. Cook on medium heat until beef is thoroughly cooked, 8-10 minutes.**
- 3. In a small bowl, whisk together the vinegar, ketchup, and mustard. Add to the beef mixture, and simmer for 10-15 minutes.**
- 4. Scoop one portion of meat and vegetable mixture onto sandwich bun.**

FreshRx for Mothers-to-Be provides pregnant women with Medicaid \$24 each week to buy fresh fruits and vegetables at the Franklin County Farmers Market. To learn more, stop by the Market on Tuesdays or Saturdays, 8:30 am - 12 noon, or visit www.fcmarket.org.

FreshRx for MOMs is a collaboration of the Franklin County Farmers Market and Community Farm Alliance, funded by a USDA/NIFA GusNIP grant.