

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 18



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



FRESH. LOCAL. LIVELY.

## ***Fueling for Fitness***

Regular exercise during pregnancy benefits you and your fetus by helping to reduce back pain, ease constipation, may decrease risk of gestational diabetes, preeclampsia, and cesarean birth, promote healthy weight gain during pregnancy, improves your overall fitness and strengthens your heart and blood vessels.

### **Is it safe to exercise during pregnancy?**

If you are healthy and your pregnancy is normal, it is safe to continue or start regular physical activity. However, it is important to discuss exercise with your OB-GYN during your early prenatal visit. They can help you determine what activities you can do safely.

## **How do I fuel appropriately for regular exercise?**



**Drink plenty of water before, during, and after your workout.**



**Choose carbohydrate containing food at least 60 minutes before workout.**



**Try to get at minimum 1-2 servings of protein within 30 minutes of a workout.**



**If you exercise first thing in the morning, try to eat a carb rich food to avoid working out during an energy deficit.**

# Seasonal Recipe



## Apple Compote with Oatmeal Crumble

**Servings: 6   Prep time: 10 min   Cook time: 10-15 min**

### INGREDIENTS

- 3 pounds of apples, peeled, cored, and cut**
- 2 tablespoons of lemon juice**
- 3 tablespoons of apple juice**
- 2 teaspoon of cinnamon**
- 1/4 teaspoon of nutmeg**
- 4 tablespoons of honey**
- 2 tablespoons of canola or coconut oil (melted)**
- 2 cups of old-fashioned rolled oats**

### DIRECTIONS

- 1. For oatmeal crumble, preheat oven to 350 degrees F.**
- 2. In a large bowl, add honey, oil, 1 teaspoon of cinnamon. Whisk with a fork.**
- 3. Add oats and stir until well-coated with honey mixture.**
- 4. Spray baking sheet with non-stick spray and spread oat mixture onto baking sheet evenly.**
- 5. Bake until lightly browns, about 10-15 minutes. Stir every 5 minutes to make sure oats do not burn.**
- 6. While, oatmeal crumble is cooking, add apples, lemon juice, apple juice, remaining cinnamon, and nutmeg to a medium saucepan set over medium heat.**
- 7. Cook apple compote, until apples are fork tender, about 15 minutes. Stir occasionally and if starting to brown on bottom turn to low heat and add a few tablespoons of water.**
- 8. When done, split oatmeal crumble evenly over servings of apple.**

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](http://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.