

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 20



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



FRESH. LOCAL. LIVELY.

Healthy Eating on a Budget

With rising food costs, you may find it challenging to stretch your food dollars and still eat healthy. Below are some tips to help you prepare appetizing and easy, nutritious meals by planning ahead and staying within your budget.

Planning:

Check out the seasonal produce available at the farmer's market and review weekly sales at the grocery store. Choose recipes using seasonal and/or sale items that also have common ingredients that could be used for multiple meals. Plan out a week of meals to help increase the chance of stocking your kitchen with healthy ingredients to make balanced meals.



Shopping:

Once you have your weekly meal plan, write a shopping list of all the ingredients you need. Make sure to shop your pantry and refrigerator before you go to the store so that you don't buy something you already have at home. Shopping with a list will help you reduce impulse buys and take home only the things that you need. It will also prevent you from making extra grocery trips for items you forgot to buy.



Buying:

When you get to the grocery store with your list, there are some additional ways to choose the most cost effective items.

- Compare unit price. Most grocery stores provide a unit price that indicates the cost per ounce or pound to help you compare items that may be different serving sizes.
- Buy generic and/or store brand instead of name brand.
- Use coupons to save on your grocery bill.



Prep:

Try to clean, wash, and prep produce or components of meals on the weekend to help extend shelf life of produce and decrease time during the week it takes to prepare meals.



Seasonal Recipe



Barley and Lentil Soup

Servings: 8 Prep time: 5min Cook time: 50mins

INGREDIENTS

- 3 medium carrots**
- 2 medium onions**
- 3 cloves garlic**
- 4 cups fresh spinach or kale**
- 3/4 cup barley**
- 1 tablespoon cooking oil**
- 1 teaspoon ground paprika**
- 1/2 teaspoon ground cayenne pepper (optional)**
- 6 cups water**
- 4 cups low sodium chicken or vegetable broth**
- 1 cup dried lentils**
- 1 (14.5ounce) can diced tomatoes, no salt added**
- salt and pepper to taste**

Chef's note: You can add your favorite seasonal veggies to this soup.

DIRECTIONS

- 1. Rinse, peel, and dice carrots and onions. Peel and mince garlic. Rinse and chop spinach (or kale).**
- 2. In a colander, rinse barley with cold water.**
- 3. In a large pot, add oil. Heat over medium-high heat. Add carrots and onions. Cook until slightly soft, about 5 minutes.**
- 4. Add garlic, paprika, and cayenne pepper to pot. Stir and cook for 30 seconds.**
- 5. Add barley, water, and broth to pot. Bring to a boil. Reduce heat to low. Partially cover with a lid and simmer for 15 minutes.**
- 6. In a colander, rinse lentils with cold water. Add lentils to pot, along with tomatoes. Cover and simmer for 30 minutes.**
- 7. Add spinach to soup and stir. Cover and simmer for 5 more minutes.**
- 8. Add salt and pepper and stir.**

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.

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