

The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 3



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



FRESH. LOCAL. LIVELY.

Hydration

During pregnancy you should drink a minimum of 8 to 12 cups (64-96 ounces) of water every day. Water has many benefits but during pregnancy, it is particularly important because it helps form the amniotic fluid around the fetus, helps nutrients circulate in the body, and helps waste leave the body.

Added benefits of hydration:



More Energy



Healthy Skin



Heart health



Good Digestion

What are the signs of dehydration?

- Headache
- Dizziness
- Dry Mouth
- Increased thirst
- Dry Skin
- Feeling tired, sleepy, or lethargic
- Decreased urine output (peeing less)
- Dark yellow or brown color urine

Seasonal Recipes



Blueberry Basil Orange Water

Servings: 4 Prep time: 5 min Cook time: 0 min

INGREDIENTS

1/2 cup blueberries, rinsed
32 ounces (1 liter) of water
4-5 basil leaves
Juice of half orange
Ice cubes

DIRECTIONS

- 1. Place blueberries into a pitcher and use a spoon to gently smash blueberries**
- 2. Add the water, basil, and juice of the orange to the pitcher, and stir.**
- 3. For best taste, place in refrigerator overnight.**
- 4. Serve over ice.**

Ratatouille

Servings: 4 Prep time: 5-10 min Cook time: 45 min

INGREDIENTS

1 small red onion
2 medium cloves garlic
1 small eggplant
1 medium zucchini
1 medium yellow squash
1 large tomato
3 tablespoons of olive oil
1 teaspoon dried basil
1 teaspoon dried oregano
Salt and pepper to taste

DIRECTIONS

- 1. Preheat oven to 425 degrees F.**
- 2. Rinse and peel onion. Peel and mince garlic. Rinse eggplant, zucchini, squash, and tomato.**
- 3. Dice onion and eggplant into 1/2 inch pieces. Slice zucchini and squash into 1/2 inch slices. Dice tomato.**
- 4. In a medium bowl, add all your ingredients except tomato. Toss until veggies are well coated.**
- 5. Coat baking sheet with non-stick cooking spray. Spread veggies out in single layer. Bake for 20 minutes. Remove from oven.**
- 6. Add tomato to baking sheet. Return to oven and bake for additional 15-20 minutes or until veggies are golden crisp.**
- 7. Serve over rice, pasta, spinach, etc.**

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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