

# The Pregnancy Pantry

Fresh Rx Weekly Newsletter Vol. 6



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



FRESH. LOCAL. LIVELY.

## Food Safety During Pregnancy

A woman's immune system is weaker during pregnancy, which makes it harder for your body to fight off certain harmful microorganisms, putting you and your unborn baby at higher risk for some foodborne illnesses. Here are some steps to follow to keep yourself and your baby healthy during pregnancy.

### *Listeria monocytogenes*

**What is it?** A harmful bacteria that can grow at refrigerator temperatures where most other foodborne bacteria can not.

**Where is it found?** Refrigerated, ready-to-eat food, and unpasteurized milk and milk products.

#### **How to prevent illness?**

- Do not eat hotdogs, luncheon meats, or deli meats unless they are reheated until steaming hot.
- Do not eat soft cheese, such as feta, brie, camembert, blue-veined cheeses, Mexican-style soft quesos, unless the label says "made with pasteurized milk"
- Do not eat refrigerated pate, meat spreads from meat counter, or smoked seafood found in refrigerated section of the store.
- Do not drink raw unpasteurized milk or eat foods that contain unpasteurized milk.

### *Toxoplasma gondii*

**What is it?** A harmful parasite.

**Where is it found?** Raw and uncooked meats, unwashed fruits and vegetables, contaminated water, soil, dirty cat-litter boxes, and outdoor places with cat feces.

#### **How to prevent illness?**

- If you have a cat, try have someone else change the litter box. If you have to clean it, wash your hands with soap and warm water afterwards.
- Wear gloves when gardening or handling sand from sandbox.
- Do not eat raw or partly cooked meats. Cook whole cuts of meat to at least 145 degrees F. Cook ground meats to at least 160 degrees F. Cook all poultry to at least 165 degrees F.
- All surfaces that come in contact with raw meat should be sanitized.
- Rinse all fruits and vegetables under lukewarm, running water before eating them.

# Seasonal Recipe



## Pasta with Roasted Vegetables

**Servings: 8    Prep time: 5-10 min    Cook time: 30 min**

### INGREDIENTS

- 1 medium onion**
- 1 summer squash**
- 1/2 cup mushrooms**
- 1 head cauliflower**
- 1/4 cup olive oil**
- 1/4 teaspoon salt**
- 1/4 teaspoon ground black pepper**
- 1 teaspoon garlic powder**
- 1 (16 ounce) package of whole wheat pasta**
- non-stick cooking spray**
- 1 1/2 cup of parmesan**
- 1/4 cup of parsley or basil leaves**

### DIRECTIONS

- 1. Preheat oven to 375 degrees F.**
- 2. Rinse and peel onion. Rinse squash, mushrooms, and cauliflower. Chop all vegetables into bite-sized pieces of equal size.**
- 3. In a medium bowl, add oil, salt, pepper, garlic powder, and cut veggies. Stir until veggies are well coated.**
- 4. Spray a baking sheet with non-stick spray. Spread veggies on baking sheet in a single layer. Bake until veggies are browned at the edges, about 30 minutes.**
- 5. During the last 10 minutes of baking time, cook pasta according to directions on package. Reserve 1/3 cup of pasta water. Drain pasta.**
- 6. In a large skillet, over medium heat, add veggies and drained pasta. Stir frequently for 2-3 minutes. Add some of reserved pasta water to moisten and make sauce.**
- 7. Add parmesan and parsley or basil until full incorporated.**
- 8. Serve hot.**

**Chef's note: Add your favorite seasonal veggies to the recipe such as cherry tomatoes, broccoli, 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](http://www.fcmarket.org).

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