

ABC PRENATAL NUTRITION PROGRAM

April 2020 Newsletter

Vol. 1



IN THE ISSUE

Taking Care of Your Mental Health (COVID-19)

Prenatal Nutrition: Folic Acid

Online Webinar Calendar

May 7 - Newborn Development
May 14 - Movement in Motherhood
May 21 - Maternal Mental Health
May 28- Car Seat Safety

"The secret of change is to focus all your energy, not fighting the old, but on building the new."

- **Socrates**

Refer to social media sites for weekly updated information:



@roseofsharonyoungmothers



@roseofsharonservicesforyoungmothers

TAKING CARE OF YOUR MENTAL HEALTH (COVID-19)

By: Kai Cerra

Feelings of stress, fear, and worry are normal in a crisis. The COVID-19 pandemic is new and unexpected, and everyone will react in different ways.

Care for Your Mental and Physical Wellbeing

- Balance staying informed and taking media breaks.
- Practice physical distancing (6 ft. or more) and also stay connected through social media.
- Practice mindfulness and deep breathing
- Eat healthily, exercise regularly, and get plenty of sleep.
- Focus on things you can control.
- Be compassionate to yourself and others.



PRENATAL NUTRITION: FOLIC ACID

Folic acid builds healthy blood for mom and baby, and lowers risk of some birth defects. A prenatal vitamin containing 0.4 mg of folic acid is recommended. Folic acid can also be found in dark green and leafy vegetables such as spinach, broccoli, bok choy, and green peas. Other sources are beans, lentils, and hummus.

LENTIL AND SPINACH SOUP

- 1 Tbsp. Vegetable Oil
- 1 Finely Chopped Onion
- 2 Cloves Finely Chopped Garlic
- 1 Inch Minced Ginger
- 2 Diced Tomatoes
- 2 Cups Red Lentils
- 3 Cups Spinach
- 1 Tbsp. Turmeric
- 8 Cups Water

1. Heat oil in a large pot. add onion, garlic, ginger, and cook for 2 minutes until tender.
2. Add tomatoes, turmeric and water. Bring to a boil and reduce heat.
3. Add lentils, spinach and pepper. Cook for 15 minutes.
4. Serve with pita bread.

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This project has been made possible through a financial contribution by the Public Health Agency of Canada. The views expressed herein do not necessarily represent the views of the Public Health Agency of Canada