



FLIP Newsletter

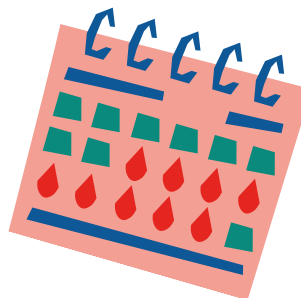
#7, February 3rd



Special Edition: Women's Health

When it comes to maintaining health, women have more complexities to face than men. This guide is meant to provide some structure for women-specific health. If you have any questions or concerns, please connect with a health professional! Older women can always meet with a healthcare professional on topics for younger women! Traditionally, an Ob/Gyn (Obstetrics and Gynecology) doctor is the best option for access to women's healthcare.

Teens- Teens can meet with an Ob/Gyn to discuss contraception, menstrual cycles, HPV vaccination, hormone balancing, and even STI/STD testing.



Did you know? Women can show different symptoms than men during a heart attack. Women are more likely to have trouble breathing or be nauseous!



40s and Up- Older adult women can visit an Ob/Gyn for routine Pap smears and breast exams (for breast cancer) starting at 45.

20s-30s- Younger adult women can visit an Ob/Gyn for a pelvic exam, a Pap smear (for cervical cancer) starting at age 21, as well as family planning.

Did you know? There's an intense, extended version of 'the baby blues', called postpartum depression. Common symptoms include depression with feelings of inadequacy as a mother. See a mental health professional for these symptoms!



TIPS For Saving On Produce!

Shop Purposefully

- Plan your recipes and meals for the week in advance
- Look out for coupons and sales
- Compare prices at different stores
- Visit Farmer's Markets - usually have lower prices than supermarkets with farm-to-table produce for better quality and freshness
- Buy produce that's IN SEASON
- Buy in Bulk if you find fresh produce at great prices!

Helpful Resources

Click on the Links Below:

- [Keep Fruits and Vegetables Fresher Longer](#)
- [Fruit Storage Guide](#)
- [How to Freeze Fresh Fruits and Vegetables](#)
- [USDA Complete Guide to Home Canning](#)



Recipes to try this month!

Easy Vegetable Stir Fry

A great way to use those leftover and frozen vegetables



Easy Minestrone Soup

A hearty and warming soup filled with nutritious vegetables to ease the winter chill



Click [here](https://meklund7.wixsite.com/flip) or visit <https://meklund7.wixsite.com/flip> for the full recipes!

Start a Home Garden

- Starting a home garden either on your own or with friends is a good way to save money on produce, get daily exercise, and eat better quality food for less
- Start with a few simple seeds like seasoning herbs, peas, tomatoes, spinach
- Use community and online groups to learn more about home gardening tips

Buy Bulk, Then Freeze or Can

- Buying fresh produce when they are in season and then storing it safely can give you access to quality produce year-round
- Properly freezing fresh vegetables and fruit can maintain their quality and nutrients
- Blanch vegetables by cooking them briefly in boiling water followed by an ice bath, freeze in a single layer then package in airtight freezer bags for storage
- Many fruits and vegetables retain their taste and freshness while frozen for many months
- An alternative to freezing is to employ safe canning of produce. There are many resources online to learn how to can safely at home

