



Center's Tip of the Month: Expecting Moms

-- Tips for having a healthy pregnancy --

As an expectant mom, it is important to know what you can do to give your baby a healthy start. Here are some helpful tips for a healthier pregnancy:



Tips & Resources

What can you do? Eat healthy!

◇ **Add more fruits and vegetables to your diet**

Provide your baby with nutrients for healthy growth

◇ **Replace plastic with glass containers**

Unlike plastic, glass containers can be safely microwaved, washed, and reused

◇ **Shop at your local farmer's market**

Find a farmer's market in NYC using the [map](#) or by texting "**SoGood**" to 877877; customers also earn \$2 in [Health bucks](#) coupons for every \$5 they spend using EBT

What can you do? Clean indoor air!

◇ **Make your home a no-smoking zone**

Smoke builds up and becomes more harmful indoors

◇ **Make your own green cleaning products**

Many common cleaning products contain toxicants; To make your own mix a bit of white vinegar with water!

What can you do? Learn more!

- ◇ Download this FREE ebook - [Easy Steps to a Safe and Healthy Pregnancy](#)
- ◇ Download the app text4baby to get periodic pregnancy tips - [Text4baby](#)



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