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## All about AVOCADOS

- ◆ Avocados are originally from Mexico, and Mexico is the top producer of avocados today.
- ◆ Avocados are a creamy fruit (they are not sweet) and have many health benefits.
- ◆ They are high in vitamin A, which helps with eyesight. Avocados are also a good source of fiber, which helps with digestion.
- ◆ Avocados also have lots of healthy fats, which help with feeling full and satisfied longer after a meal. These fats may also lower cholesterol and inflammation in the body.
- ◆ Avocados have also been shown to help stabilize blood sugar.

## Avocado Tips:

- Avocados are ripe and ready to eat when you gently squeeze it and it is firm but has some give.
- If it is hard, it is not ready yet, and if the avocado is squishy, it is overripe and will be brown and mushy inside.
- To cut into the avocado, hold it in your hand and slice with a knife around the avocado. You will feel a large seed, or pit, on the inside.
- Once you have cut around the pit, hold on either side and twist the avocado open. A good avocado should be bright green inside.
- Scoop out the insides and use how you wish!
- Some simple suggestions would be on a sandwich or BLT, with scrambled eggs, on a salad, on toast, with a pinch of salt and pepper.



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## Questions about the COVID-19 vaccine?

Here is some information so you can feel confident about getting a vaccine. Hopefully an opportunity will come up soon to get your vaccination (if it hasn't already)!

+ The COVID-19 vaccine has been carefully tested for safety. It was produced faster than most vaccines because more resources were provided in a timely fashion.

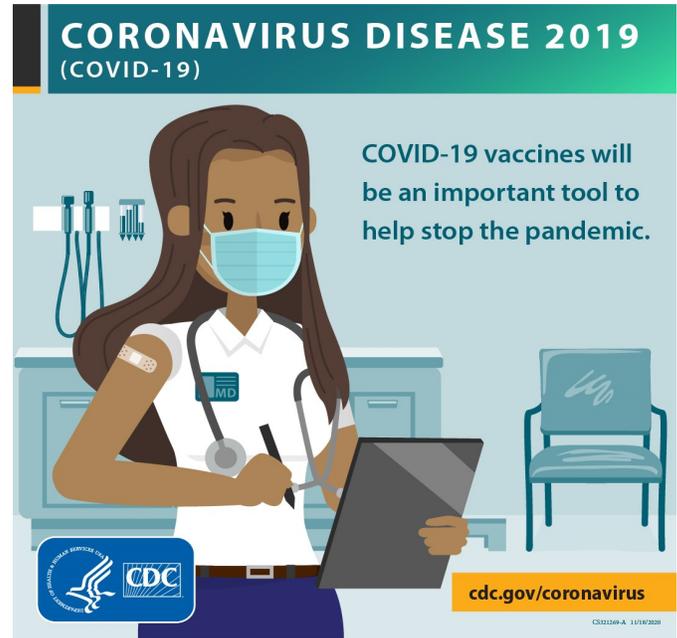
+ The vaccine does not contain a live virus so it cannot cause disease.

+ The most noted side effect of the vaccine is arm soreness for 1-2 days. Headache and low-grade fever may also occur for 1-2 days. These symptoms are normal and show the body is building immunity to the virus.

+ Two shots are needed for the COVID-19 vaccine, and should be given about 21 days apart.

+ Doses of the COVID-19 vaccine have been purchased by US taxpayer dollars, and will be given to Americans at no cost.

+ Getting the COVID-19 vaccine is part of fighting the pandemic, in addition to social distancing and wearing a mask or face covering when in public. The vaccine works with your immune system so your body will be ready to fight the virus if you are exposed.



## If you leave home, know your 3 Ws!



Ask your doctor or medical provider for more information if desired. Remember to protect yourself the best you can to stay well!

Information retrieved from:

<https://www.cdc.gov/vaccines/covid-19>