

FRESH from the FARM




Health and Learning Success Go Hand-in-Hand

Studies show that proper nutrition can help keep students focused on school work and keep their immune systems healthy to fight off the flu and colds that tend to hit hardest during winter months. *Smart Choices* can help your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day.

The Fresh from the Farm featured vegetable is



Sweet Potatoes

Helping Your Kids Eat Healthy

- Replace baked potatoes and fries with baked sweet potatoes. Your child will think it's dessert.
- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat-free dip for a healthy snack.
Dice or peel raw sweet potato flesh into salads and over soups for a sweet flavoring.

Making Healthy Choices

- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.
- Review your family's weekly schedule and circle one day this week that you would like to try making the apple glazed sweet potato recipe found on the center of this page.

Produce Tips

- Choose firm, dark, dry, smooth sweet potatoes without blemishes. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Do not store sweet potatoes in the refrigerator — the core will turn hard and develop an unpleasant taste. To keep sweet potatoes fresh, store them in a dry, cool (55 – 60 F degrees) place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them, as the moisture makes them spoil faster.
- At normal room temperature, sweet potatoes should be used within a week of purchase. If stored properly, sweet potatoes will keep for a month or longer.

For more ideas, visit: www.fruitsandveggiesmorematters.org

APPLE GLAZED SWEET POTATOES

Ingredients:

(Makes 4 servings - 1/2 cup each)

- 2½ cups unsweetened 100% apple juice**
- ½ teaspoon cinnamon**
- ¼ teaspoon salt**
- 2 sweet potatoes, peeled and thinly sliced**

1. Combine apple juice, cinnamon and salt in a large skillet.
2. Add sliced sweet potatoes and bring to a boil over high heat.
3. Reduce heat slightly and simmer.
4. Stir occasionally for 20–25 minutes or until potatoes are tender and juice has been reduced to a glaze. Serve warm.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

Nutrition Facts

Serving size 1 cup, halves (152g)

Amount per serving

Calories 114 Calories from Fat 1g

% Daily Value

Total Fat 0g	1%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 73mg	3%
Total Carbohydrate 27g	9%
Dietary Fiber 4g	16%
Sugars 6g	

Protein 2g

Vitamin A 377% Calcium 4%
Vitamin C 5% Iron 5%

Source: www.nutritiondata.com

Let's Get Physical!

- It's easy to want to stay inside where it's warm, but make sure your child gets out and plays.
- Challenge them to a basketball or soccer game.
Ask your child to help you clean and put away the dishes. Assign other chores like vacuuming, dusting or sweeping.

For more physical activity ideas, visit:
www.kidnetic.com and www.verbnow.com

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