Pick a Better Snack

A family and community newsletter



Sweet Potatoes

Sweet potatoes are naturally sweet and filling. Like white potatoes, they're a good source of vitamin C, potassium and fiber, but sweet potatoes have a whole lot more vitamin A. Introduce your kids to baked sweet potato fries. You can buy them frozen or make your own.

Baked Sweet Potato Fries

1 ½ pounds sweet potatoes (4 medium) 1 tablespoon oil (canola or vegetable) ½ teaspoon salt



Dip: ¼ cup light mayonnaise, 1 tablespoon ketchup, ¼ teaspoon cayenne pepper, chili powder or paprika

- Scrub potatoes under running water. Cut potatoes in half lengthwise. Then slice each half into half-round shapes about ¼ inch thick.
- 2. Combine potatoes, oil, and salt in a bowl and stir to cover potatoes.
- 3. Spray baking sheet with oil and lay potato slices in a single layer. Bake for about 30 minutes at 425 degrees F, turning potatoes after 15 minutes.
- 4. Mix dip ingredients while potatoes are baking. Recipe from lowa State University's Spend Smart. Eat Smart.®



Use your EBT/SNAP Card Online

Did you know? You can shop online and use the SNAP/EBT card to pay for food (not delivery costs) at Amazon and some ALDI, Walmart, Hy-Vee and other grocery stores in Iowa.



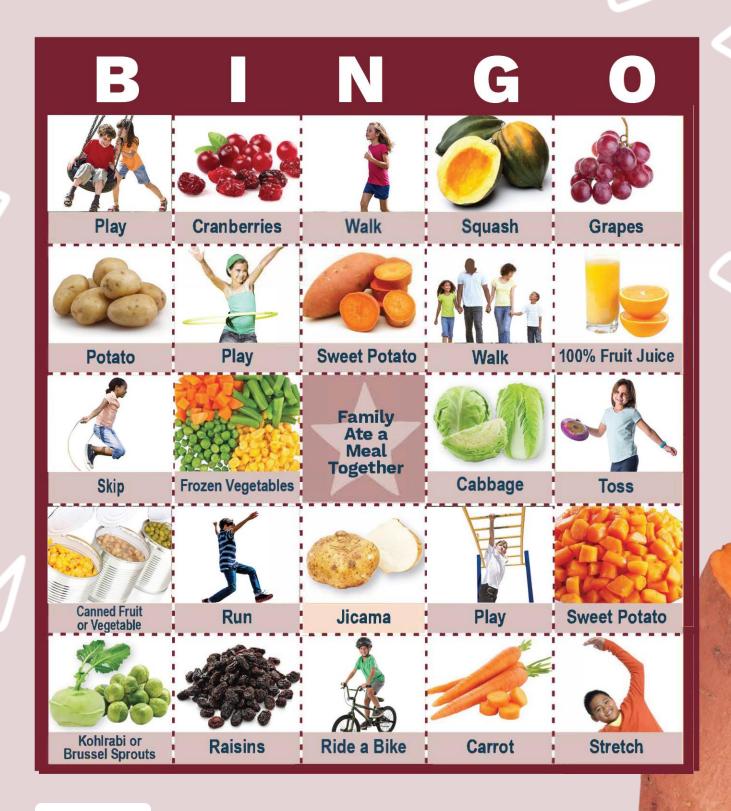


Physical Activity: Move Your Way

How much physical activity do kids and teens need? At least 60 minutes every day. Anything that gets their heart beating faster counts. A walk to school, playing at recess, physical education class, a walk to the library, a family bike ride, time at the park – it all adds up!



November



TO PLAY:

Put an X through the squares of fruits, vegetables and physical activities you try. Get five in a row, column or diagonally for a BINGO!

