

Pick a Better Snack

A family and community newsletter

IOWA[™]
Health and
Human Services

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)
⅛ teaspoon salt



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

1. 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 Iowa 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.



PLAY YOUR WAY

One Hour
a Day

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

B I N G O

				
Play	Cranberries	Walk	Squash	Grapes
				
Potato	Play	Sweet Potato	Walk	100% Fruit Juice
				
Skip	Frozen Vegetables	Family Ate a Meal Together	Cabbage	Toss
				
Canned Fruit or Vegetable	Run	Jicama	Play	Sweet Potato
				
Kohlrabi or Brussel Sprouts	Raisins	Ride a Bike	Carrot	Stretch

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!