

Harvest of the Month



Network for a Healthy California
August

The Harvest of the Month featured vegetable is **potatoes**



Helping Your Child Eat Healthy

- Boil, bake, roast or grill whole or sliced potatoes. Season with fresh herbs and spices.
- Make your own healthier French fries. Cut potatoes into strips, toss with olive oil and seasoning. Bake at 400 F for 15 minutes, turning once.
- Pierce Russet potatoes with a fork and microwave for at least five minutes. Serve with lowfat cheese or salsa.
- Serve at least one fruit or vegetable with each meal or snack.
- Serve your child water, lowfat or nonfat milk, or 100 percent fruit juice.

For more ideas, visit:

www.healthypotato.com

www.fns.usda.gov/eatsmartplayhardhealthylifestyle

Health and Learning Success Go Hand-in-Hand

Healthy students focus, learn and perform better and are less likely to miss school. Sign your child up to participate in the school meals program — it provides your child with healthy meal choices, including more fruits and vegetables. Also, make sure your child is up-to-date on immunizations and gets plenty of sleep along with at least one hour of physical activity every day. **Harvest of the Month** can provide you with ideas to help your family live a healthy, active lifestyle.

OVEN WEDGE FRIES

Ingredients:

(Makes 4 servings at 1 cup each)

Nonstick cooking spray

2 large russet potatoes, cut into wedges

2 cloves garlic, finely chopped

1 teaspoon Italian herb seasoning mix

1 teaspoon chili powder and/or paprika

1. Preheat oven to 400 F.
2. Spray cookie sheet with nonstick cooking spray. Place potato wedges on cookie sheet.
3. In a small bowl, combine garlic with seasonings. Sprinkle ½ of the mixture over top of potato wedges.
4. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
5. Bake for another 7 minutes or until wedges are brown and cooked through. Serve while hot.

Adapted from: *Everyday Health Meals, Network for a Healthy California, 2007.*

For more recipes, visit:

www.cachampionsforchange.net

Produce Tips

- Choose firm potatoes with smooth skin and without sprouts. Avoid those with any green coloring.
- Store potatoes in a cool, dark and dry place (not the refrigerator). Place them in a burlap bag or plastic bag with holes.
- Properly stored, potatoes can keep up to two months.
- Wash potatoes thoroughly before cooking and discard any that have sprouted or softened.

Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)

Amount per Serving

Calories 68 Calories from Fat 1

% Daily Value

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 3mg **0%**

Total Carbohydrate 16g **5%**

Dietary Fiber 1g **6%**

Sugars 1g

Protein 1g

Vitamin A 0% Calcium 0%

Vitamin C 17% Iron 1%

Source: www.nutritiondata.com

Let's Get Physical!

- Find a safe walking or biking route to your child's school.
- Make arrangements with other parents to take turns walking (or biking) students to and from school.
- Contact a local club or youth organization to find out about any free or low-cost recreational activities they offer in the fall.
- Try a new activity with your child through your local parks and recreation department.

For more ideas, visit:

www.saferoutesinfo.org

How Much Do I Need?

A serving of potatoes is one-half cup cooked potato. Be sure to include a variety of colorful fruits and vegetables in meals to help you and your child reach your total daily needs.

Recommended Daily Amounts of Fruits and Vegetables*

Kids, Ages 5-12	Teens, Ages 13-18	Adults, 19+
2½ - 5 cups per day	3½ - 6½ cups per day	3½ - 6½ cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

