Pick a better snack

A family and community newsletter

SWEET POTATOES

Sweet potatoes are naturally sweet, filling and a good buy. 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 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, ⅓ to 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 ½" thick.
- 2. Combine potatoes, oil, and salt in a bowl and stir to cover potatoes.
- 3. Grease cookie sheet and lay potato slices in a single layer. Bake for about 30 minutes, turning potatoes after 15 minutes.
- **4.** Mix dip ingredients while potatoes are baking.

Recipe from Iowa State University's Spend Smart. Eat Smart.®





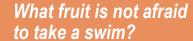
Use your EBT/SNAP Card Online

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 New Pioneer Food Co-op locations.





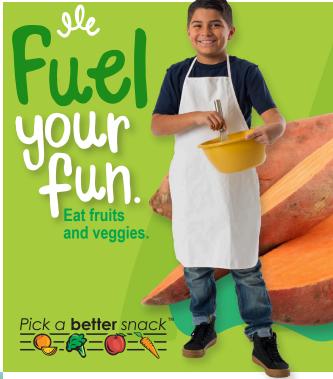




A watermelon.







Physical Activity Guidelines: 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!







