

# 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)    **Dip:** ¼ cup light mayonnaise,  
1 tablespoon oil (canola or vegetable)    1 tablespoon ketchup,  
⅛ teaspoon salt    ⅛ 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 ¼" 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.



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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.



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What fruit is not afraid to take a swim?

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!



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