Healthy Serving Ideas
- Boil, bake, roast, or grill potatoes. Sprinkle with fresh herbs and spices.
- Top baked potatoes with mashed avocado instead of butter. Other toppings include salsa, broccoli, lowfat cheddar cheese, and lowfat cottage cheese.
- Boil cubes of potatoes and carrot slices. Mash with a small amount of reduced-sodium chicken broth to make orange mashed potatoes.
- Serve water, lowfat or nonfat milk, or 100% juice to your child.

OVEN WEDGE FRIES
Makes 4 servings. 1 cup each.
Cook time: 25 minutes
Ingredients:
- Nonstick cooking spray
- 2 large russet potatoes, wedged
- 2 cloves garlic, finely chopped
- 1 teaspoon Italian herb seasoning mix
- 1 teaspoon chili powder or paprika
1. Preheat oven to 400 F. Spray cookie sheet with nonstick cooking spray. Place potato wedges on sheet.
2. In a small bowl, combine garlic with seasonings. Sprinkle ½ of the mixture over top of potato wedges.
3. Bake wedges for about 7 minutes or until they start to brown. Flip wedges over and sprinkle with the remaining mixture.
4. Bake for another 7 minutes or until wedges are brown and cooked through. Serve hot.

Nutrition information per serving:
Calories 146, Carbohydrate 33 g, Dietary Fiber 4 g, Protein 4 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

How Much Do I Need?
- A ½ cup of cooked potatoes is about one cupped handful. This is about the size of half of one medium potato.
- A ½ cup of cooked potatoes is a good source* of vitamin C.
- A ½ cup of cooked potatoes is also a source of many important vitamins and minerals, such as vitamin B₆, potassium, and niacin.
- Niacin is a type of B-vitamin that helps make energy in your body.

The amount of fruits and vegetables that is right for each person depends on age, gender, and physical activity level. Eating a variety of colorful fruits and vegetables with every meal and snack will help you and your family reach your daily goals. Remember that all forms count toward your daily amount – fresh, frozen, canned, and dried.

*Good sources provide 10-19% Daily Value.

Recommended Daily Amount of Fruits and Vegetables*

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Let’s Get Physical!
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Harvest of the Month

The Harvest of the Month featured vegetable is potato

Health and Learning Success Go Hand-in-Hand
Healthy students focus, learn, and do better in the classroom. They are also less likely to miss school. Serve a variety of colorful fruits and vegetables every day to help your family be healthy. Harvest of the Month can provide you with ideas to help your family live a healthy, active lifestyle.

Produce Tips
- Choose firm potatoes with smooth skin. Avoid potatoes that are shriveled, bruised, or have sprouts. Also avoid potatoes 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. When stored properly, potatoes can keep up to five weeks.
- Wash potatoes thoroughly before cooking.

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