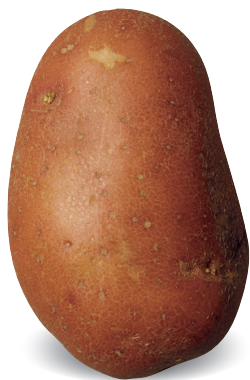


# Harvest of the Month



Network for a Healthy California

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.

## 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, Total Fat 1 g, Saturated Fat 0 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 22 mg

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

## 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 your local parks and recreation department to find out about any free or low-cost activities they offer.

For more ideas, visit:

[www.saferoutesinfo.org](http://www.saferoutesinfo.org)

## Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)	
Calories 68	Calories from Fat 0
% 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%

## 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 B<sub>6</sub>, 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\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	2½ - 5 cups per day	3½ - 5 cups per day

\*If you are active, eat the higher number of cups per day. Visit [www.mypyramid.gov](http://www.mypyramid.gov) to learn more.