



# Harvest of the Month

## Health and Learning Success Go Hand-in-Hand

Studies show that proper nutrition can help keep students focused on school work and keep their immune systems healthy, helping to fight off the flu and colds. With **Harvest of the Month**, you can help your family explore, taste and learn about the importance of eating more fruits and vegetables and being active every day. The **Harvest of the Month** featured vegetable is

## sweet potatoes



### Produce Tips

- Choose firm, dark, dry, smooth sweet potatoes without blemishes. One decayed spot can make the entire sweet potato taste bad, even when cut away.
- Do not store sweet potatoes in the refrigerator—the core will turn hard and develop an unpleasant taste. To keep sweet potatoes fresh, store them in a dry, cool (55–60 F) place, like a pantry or garage.
- Do not wash sweet potatoes until you are ready to cook them, as the moisture makes them spoil faster.
- At normal room temperature, sweet potatoes should be used within a week of purchase. If stored properly, sweet potatoes will keep for a month or longer.

## APPLE GLAZED SWEET POTATOES

- Ingredients:  
(Makes 4 servings at ½ cup each)
- 2½ cups unsweetened 100% apple juice**
  - ½ teaspoon cinnamon**
  - ¼ teaspoon salt**
  - 2 sweet potatoes, peeled and thinly sliced**
1. Combine apple juice, cinnamon and salt in a large skillet.
  2. Add sliced sweet potatoes and bring to a boil over high heat.
  3. Reduce heat slightly and simmer.
  4. Stir occasionally for 20–25 minutes or until potatoes are tender and juice has been reduced to a glaze.
  5. Serve warm.

Adapted from: *Discover the Secret to Healthy Living*, Public Health Institute, 2004.

### Helping Your Kids Eat Healthy

- Replace baked potatoes and fries with baked sweet potatoes. Your child will think it's dessert.
- Instead of potato chips, peel and slice raw sweet potatoes and serve with a fat-free dip for a healthy snack.
- Dice or peel raw sweet potato flesh into salads and over soups for a sweet flavoring.

For more ideas, visit:  
[www.harvestofthemonth.com](http://www.harvestofthemonth.com)  
[www.eatwellbewell.org](http://www.eatwellbewell.org)

## Nutrition Facts

Serving Size 1 cup, cubes  
(133g)

### Amount per Serving

**Calories 114** Calories from Fat 1

% Daily Value

**Total Fat** 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

**Cholesterol** 0mg **0%**

**Sodium** 73mg **3%**

**Total Carbohydrate** 27g **9%**

Dietary Fiber 4g **16%**

Sugars 6g

**Protein** 2g

Vitamin A 377% Calcium 4%

Vitamin C 5% Iron 5%

Source: [www.nutritiondata.com](http://www.nutritiondata.com)

### Healthy Help

- Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not.
- Encourage your child to eat the school breakfast and lunch. Ask your child's teacher or call the school district's main office for more information.
- Review the school menu with your child and circle one meal that you would like to cook at home. Then cook it together.

### Let's Get Physical!

- It's easy to want to stay inside where it's warm, but make sure your child gets out and plays.
- Challenge them to a basketball or soccer game. After playing outside, prepare apple glazed sweet potatoes together. (See recipe.)
- Ask your child to help you clean and put away the dishes. Assign other chores like vacuuming, dusting or sweeping.

For more physical activity ideas, visit:  
[www.kidnetic.com](http://www.kidnetic.com)  
[www.verbnow.com](http://www.verbnow.com)

This material was adapted from the California Nutrition Network for Healthy Active Families. This material was funded by USDA's Food Stamp Program. The Food Stamp Program provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact 1-800-352-8401. This institution is an equal opportunity provider and employer.

Arizona Nutrition Network

