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)
⅛ teaspoon salt

Dip: ¼ cup light mayonnaise, 1 tablespoon ketchup,
¼ to ⅛ 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.

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.

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!