

fun for



fit families

## Sweet Potatoes

Make Every Bite Count...More Fruits & Veggies

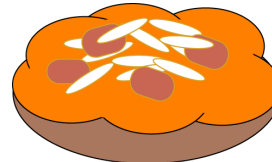
Sweet potatoes are a healthy vegetable that we should enjoy all year long!

They are a great source of vitamin A and fiber.

### Quick & Tasty Sweet Potatoes:

- ♥ Bake 2 sweet potatoes and 2 white potatoes in a 400° oven until soft. Scoop potatoes out of their shells. Mash together. Season to taste with margarine, salt and pepper. Stuff back into shells. Bake in oven for 10 more minutes.
- ♥ Top a baked sweet potato with margarine, cinnamon and maple syrup for a tasty treat.
- ♥ Mash 6 cooked sweet potatoes with 1 can (20 ounces) crushed pineapple without juice. Add pineapple juice while mashing until potatoes are fluffy. Place in a casserole dish and bake in a 350° oven for 15 minutes.
- ♥ Ham and Yam – Top a baked sweet potato with chopped ham and shredded swiss or cheddar cheese.

November



### Sweet Potato Balls

Children will love to make and eat this vegetable.

2 cups mashed sweet potatoes  
10 small marshmallows  
1 cup finely crushed corn flakes  
¼ cup brown sugar  
¼ cup skim milk  
1 tablespoon melted margarine

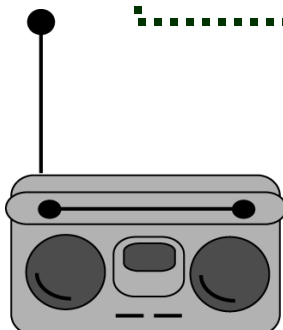
Mold sweet potatoes around each marshmallow. Small children can help shape these sweet potato balls.

Roll balls in corn flake crumbs.  
Place in a baking dish.

Combine brown sugar, skim milk and margarine in a small bowl. Pour the sauce over the sweet potato balls.

Bake in a 350° oven for 15 minutes.

Move More...Watch Less



Play with your family!

**Dance together!**

Turn on the music and dance.

Children love to dance with their family and friends.

# Sweet Drinks

Make Every Sip Count...More Healthy Beverages

Some children drink a lot of sugary drinks such as soft drinks, sport drinks and fruit drinks.

**A child can become overweight from drinking sugary drinks.**

Children can become overweight from what they drink, not what they eat.

Small children know how much they need to eat.

They will eat when they are hungry.  
They usually stop eating when they are full.

Drinking sugary drinks is not the same as eating solid foods. The calories in sugary drinks are not as satisfying as the calories in solid foods.

**Drinking sugary drinks may not satisfy a child's appetite.**

Some children will drink a large sweet drink and still eat a normal size meal.

Some children will sip on sweet drinks all day long.  
This can add up to a lot of extra calories and cavities!



There are a lot of calories in sugary drinks.

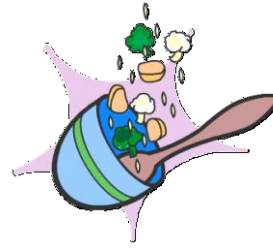
**A 12 ounce can of soft drink has 150 calories.**

An average preschool child needs about 1400 calories each day.

Drinking 1 can of a soft drink each day will add up to 1050 calories in a week.

At that rate, a preschool child who eats normally and drinks 12 ounces of a soft drink each day will gain an extra pound each month or 15 extra pounds in a year!

**Drinking sugary drinks will increase your child's chances of being overweight.**



## Mini Turkey Pot Pies

2 cups cooked turkey – cut into small pieces  
1 can (10  $\frac{3}{4}$  ounce) Healthy Choice condensed cream of chicken soup  
1 can (14 ounces) mixed vegetables, drained  
 $\frac{3}{4}$  cup skim milk  
uncooked refrigerated biscuits (10 biscuits)

- 1** Combine turkey pieces, soup, milk and vegetables in a bowl.
- 2** Lightly spray muffin tins with nonstick cooking spray. Flatten a biscuit into each muffin tin, spreading biscuit up sides of tin.
- 3** Spoon some of the turkey mixture into each biscuit crust. Bake in a 350° oven for 12 to 15 minutes.

**Don't bribe or reward your child for eating.**

Children who eat for rewards can learn to overeat. Small children may even start to overeat to please their parents.

**Reward with love and attention.**

**Tell your child what the reward will be.**

"We will stop at the park or color pictures if you are good at this appointment."



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