



Harvest of the Month

December

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 that tend to hit hardest during winter months. 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
www.cayam.com

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

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
www.verbnow.com



Noj Tej Zaub Mov Muaj Txiaj Ntsim Rau Lub Cev Yuav Pab Kom Kawm Tau Ntawv Zoo.

Noj tej zaub mov uas muaj txiaj ntsim rau lub cev yeej pab tau me nyuam kawm ntawv tau zoo dua thia pab kom tej me nyuam txhob muaj mob rau lub caij ntuj no. Qhia koj tus me nyuam kom paub noj txiv hmab txiv ntoo thiab tej zaub ntau. Coj koj cov me nyuam mus dhia hom khaj ua si txhua txhua hnuv. Lub hli no yog caij sau qos liab. Niam thiab txiv yuav tau muab qos liab ua qhia rau me nyuam noj.

Kev Xaiv Qos Liab thiab Muab Qos Liab Ua Noj

- Xaiv yuav yav qos liab zoo zoo nkauj uas tsis tau lwj los sis kab tsis tau tshau li.
- Txhob muab qos liab nyoos tso rau hauv tub yees nte mus nws yuav ua rau iab lawm.
- Txhob muab qos liab ntxuav dej, yog thaum twg yuav noj mam muab ntxuav
- Yog tsis tau ua qos liab noj sai, muab khaws cia rau tej chaw qhuav qhawv hauv tsev.

Xav tau tswv yim ntau ntxiv, mus saib:

www.harvestofthemonth.com

www.cayam.com

Yeej Meem Qhia Koj Cov Me Nyuam Kom Noj Cov Khoom Uas Zoo Rau Lub Cev

- Yuav tsum muab tej khoom noj uas muaj txiaj ntsim rau lub cev rau me nyuam noj xwb.
- Muab qos liab ci hauv oven kom siav rau koj cov me nyuam noj. Muab ci hauv oven mas cov qos liab yuav qab cua heev.
- Qhia me nyuam muab cov qos liab nyoos ntsw los sis do tej kua sauce uas tsis muaj roj los sis muaj roj tsawg noj.
- Muab qos liab ua salads thiab hau xyaw lwm yam ua zaub noj mas nws yuav qab heev li.

Xav paub ntau ntxiv mus saib tau hauv internet ntawm:

www.harvestofthemonth.com

www.cayam.com

Yam Pab Kom Nyob Hauj Zas!

- Cov me nyuam uas noj zaub mov tom tsev kawm ntawv lawv yeej xis noj tej txiv hmab txiv ntoo thiab zaub heev dua..
- Yeej meem hais kom koj cov me nyuam sim noj tsev kawm ntawv puas tshais thiab puas su.
- Saib tsev kawm ntawv daim ntawv qhia ua khoom noj nrog koj cov me nyuam es xyaum ua puas puav rau koj tsev neeg noj thiab.

Tsis Txhob Nyob Xwb

- Txawm yog lub caij ntuj no lawm los cov me nyuam thiab cov laus tsis txhob nyob nyob, yuav tau tawm mus ncig lub cev thiaj hauj zas zoo.
- Tawm mus ncaws pob yog ib qhov zoo rau lub cev.
- Yog tej hnuv no heev, nrhiav hauj lwm hauv vaj hauv tsev rau me nyuam ua xws li; nqus tsev, ntxuav twj taig, sov rooj tog tej.