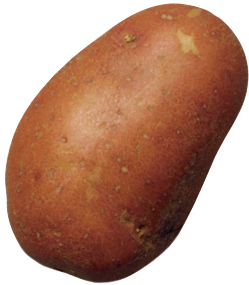


# Harvest of the Month



NORTH COUNTRY REGION  
**EAT SMART NY**

The *Harvest of the Month* featured vegetable is **potatoes**



## Health and Nutrition Go Hand-in-Hand

Make half your plate fruits and vegetables and be active every day. Drink water instead of sugary drinks. (Sugary drinks are the largest single source of added sugar in the American diet.) Doing these things may lower the risk of serious health problems like obesity, type 2 diabetes, heart disease, stroke, and some types of cancer.

A ½ cup of cooked potatoes is a good source\* of vitamin C. A ½ cup of cooked potatoes is about half of one medium potato. Potatoes are 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.

\*Good sources provide 10-19% Daily Value.

## Healthy Serving Ideas

Sprinkle potato wedges with chopped garlic and Italian seasoning; bake at 400°F for 7 minutes. Flip the wedges and sprinkle the other side with the garlic mixture; bake 7 minutes more for a hot and crispy side dish.



Top baked potatoes with one tablespoon of lowfat sour cream and your choice of toppings – like chopped avocado and salsa, broccoli and lowfat Cheddar cheese, or chopped tomatoes and bell peppers.



Roast small potatoes with carrots and green beans as a side dish for a chicken dinner.



## Shopper's Tips

- Look for firm potatoes with smooth skin and without sprouts. Avoid potatoes with any green coloring.
- Keep potatoes in a cool, dark, and dry place (not the refrigerator). Put in a plastic bag with holes for up to five weeks.
- Wash potatoes thoroughly before cooking. Do not use potatoes that have sprouted or softened.

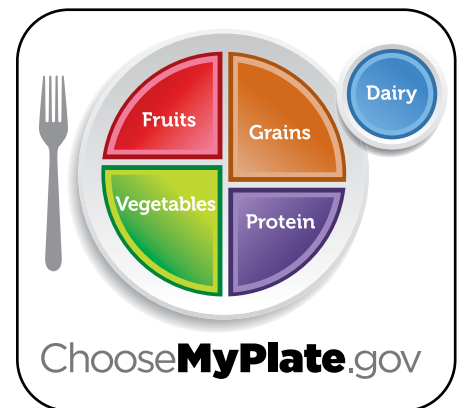
## Let's Get Physical!

Stay active this winter! Walking is low impact and uses all the major muscle groups. Look for places to walk inside like the mall, or indoor gyms at nearby schools and community centers.

## How Much Do I Need?

The amount of fruits and vegetables you need depends on your age, gender, and the amount of physical activity you get every day. A good tip to follow is:

- Make half your plate fruits and vegetables to reach your total daily needs!



For more recipes and tips, visit:

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



## Harvest of the Month School Newsletter

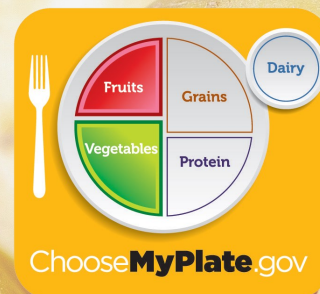
### Eat Smart New York (ESNY)

- ESNY is a federally funded SNAP nutrition education and obesity prevention program. Working with community partners and agencies, our educators share the importance of good nutrition and physical activity.
- Educators deliver a variety of lessons at qualified sites including: DSS, summer meal sites, youth groups, after-school programs, food pantries, soup kitchens, community centers, senior sites, health clinics and more.
- Interested in bringing ESNY to your site? To find out if you qualify, contact us at **1-844-3MY-ESNY** or email **northcountrysnaped@cornell.edu**

### Lesson Highlights

#### Youth will:

Learn about ways to eat healthier at fast food restaurants and increase fruit and vegetable consumption.



If you receive SNAP benefits you can view a short video and receive an item to start your healthy lifestyle!  
Visit [NorthcountryeatSMARTNY.org/mobile-lessons](http://NorthcountryeatSMARTNY.org/mobile-lessons)

For recipes, tips & more: Text EatSmartNY to 99000 (Message and data rates may apply).



[NorthcountryeatSMARTNY.org](http://NorthcountryeatSMARTNY.org)