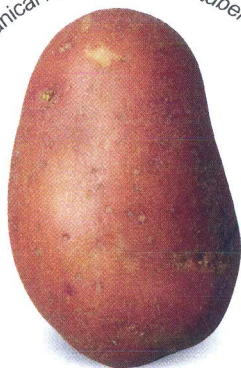


Harvest of the Month

Network for a Healthy California

Botanical name: *Solanum tuberosum*



POTATOES

Circle all meals that have a white, tan, or brown vegetable in them.

- How many did you find?
- How many times are potatoes on the menu?
- How many different ways are potatoes served?
- What is your favorite way to eat potatoes?



Neighborhood House Association

		Wednesday 1	Thursday 2	Friday 3
APRIL 2015 Senior Nutrition		Chef's Surprise	Oven Baked Chicken, Pasta Salad, Carrot & Broccoli Slaw, Pear, & Milk	Sweet Potato & Lentil Soup, Spring Salad, Multi-grain Crostini, Banana, & Milk
Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
Turkey Cranberry Sandwich, Potato Salad, Orange, & Milk	Rotini alla Bolognese, Caesar Salad, Mango, & Milk	Chicken Gumbo, Brown Rice, Cajun Black Eyed Peas, Canned Pears, & Milk	Chef's Surprise	Bean Taco with Pico de Gallo, Spring Salad, Sliced Apples, & Milk
Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
Chilled BBQ Chicken Wrap, Whole Wheat Tortilla Baked Beans, Orange, Ice Cream, & Milk	Thai Coconut Chicken Brown Rice, Whole Wheat Bread, Peaches, & Milk	Beef Picadillo, Brown Rice, Whole Wheat Bread, Cumin Carrots, Orange, & Milk	Roasted Turkey, Multi-Grain Roll, Potato Salad, Spinach-Cranberry Salad, Pear & Milk	Black Bean Chili, Corn Tortillas, California Salad, Banana, & Milk
Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
Sicilian Meat Sauce over Penne Pasta, Caesar Salad, Orange, Ice Cream, & Milk	Asian Chicken Wrap, Sesame Slaw with Snap Peas, Pineapple, & Milk	BBQ Beef Burger on Wheat Bun, Chopped Salad, Orange, & Milk	Chef's Surprise	Tuna Salad Sandwich, Spring Salad, Orange, & Milk
Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
Maria's Famous Chili, Whole Wheat Crackers, Bean Salad, Broccoli & Carrot Slaw, Pear Ice Cream, & Milk	Turkey & Cheese Sandwich with Sun-Dried Tomato Spread, California Salad, Orange, & Milk	Beef Taco Salad, Romaine Lettuce, Beans, Roasted Corn, & Salsa, Tortilla Chips, Apple, & Milk	Sesame Noodles with Chicken & Vegetables, Peaches, & Milk	Donation Amount \$2.00 Congregate Senior (60 years or older) \$5.00 Non-Senior

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This program is supported by the Older Americans Act Funds through San Diego County Aging & Independence Services

No eligible person shall be denied a meal because of failure or inability to contribute.

We do not discriminate because of race, color, sex, handicap, or national origin

EAT POTATOES



Nutrition Facts

Serving Size: ½ cup potato, cooked (78g)	
Calories 68	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 3mg	0%
Total Carbohydrate 16g	5%
Dietary Fiber 1g	6%
Sugars 1g	
Protein 1g	
Vitamin A 0%	Calcium 0%
Vitamin C 17%	Iron 1%

Color Your Plate

It is important to color your plate with a variety of fruits and vegetables – red, yellow/orange, green, blue/purple, and white/tan/brown. Find these colorful fruits and vegetables hiding in the puzzle. And, look for them on your next visit to the grocery store or farmers' market.

Apples	Carrot	Potatoes
Apricots	Corn	Raisins
Avocado	Peas	Spinach

A P R I C O T S
 P S C I T P O R
 P O D A C O V A
 L C A R R O T I
 E X L N P E A S
 S P I N A C H I
 N Z Y A C O R N
 P O T A T O E S

Adapted from: Produce for Better Health Foundation, 2005.

Reasons to Eat Potatoes:

Eating a ½ cup of potatoes is a good way to get vitamin C. Potatoes also have many important vitamins and minerals like vitamin B₆, niacin, and potassium. Niacin is a type of B-vitamin that helps your body make energy. Potatoes can be eaten in many healthy ways – baked, boiled, roasted, mashed, and in soups, stews, and casseroles.

Niacin Champions*:

Blackeye peas, lowfat yogurt, peanut butter, turkey, and tuna.

*Niacin Champions are a good or excellent source of niacin (provide at least 10% Daily Value).

How Much Do I Need?

A ½ cup of cooked potatoes is about the size of half of one medium potato. The amount of fruits and vegetables that is right for you depends on your age, if you are a boy or a girl, and how active you are every day. Eating a variety of colorful fruits and vegetables with every meal and snack will help you reach your goal. Look at the chart below to find out how much you need. And be sure to get at least 60 minutes of physical activity every day.

Recommended Daily Amount of Fruits and Vegetables**

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Boys	2½ - 5 cups per day	4½ - 6½ cups per day
Girls	2½ - 5 cups per day	3½ - 5 cups per day

**If you are active, eat the higher number of cups per day.

Visit www.mypyramid.gov/kids to learn more.



For CalFresh information, call 1-877-847-3663. Funded by USDA SNAP, an equal opportunity provider and employer. Visit www.cachampionsforchange.net for healthy tips. © California Department of Public Health 2011.

