

## The Healthy Potato

Potatoes are our favorite vegetable. However, most of the potatoes that our children eat are French fries and potato chips.

Potatoes can be a good source of fiber and vitamin C.

### Choose your potatoes wisely!

Serve potatoes that are not fried.

#### Baked Potato

(1 medium potato with skin)

150 calories

0 fat calories

30% Daily Value Vitamin C

#### Mashed Potato

(1/2 cup mashed potatoes)

111 calories

36 fat calories

10% Daily Value Vitamin C

French fries and potato chips are high in fat and have very little nutrition.

They are not healthy choices.

#### French Fries

(20 French fries)

316 calories

144 fat calories

8% Daily Value Vitamin C

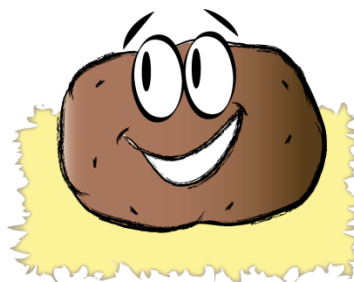
#### Potato Chips

(2 ounces potato chips)

316 calories

198 fat calories

4% Daily Value Vitamin C



### Party Potatoes

Cook a variety of toppings.

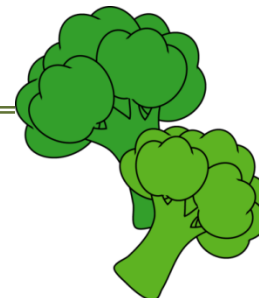
Let children put together their own "Party Potato"!

#### Potatoes

- ✗ Wash small potatoes.
- ✗ Bake potatoes in 400° oven for 30 to 40 minutes or until soft when poked with a fork.
- ✗ Cut potatoes on top and push open.

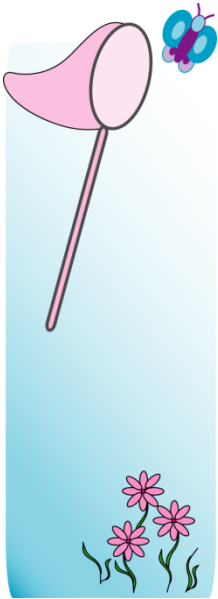
#### Let children put on their favorite toppings:

- ✗ Ham and turkey cut into small cubes
- ✗ Cooked hamburger with taco seasonings
- ✗ Shredded cheddar or mozzarella cheese
- ✗ Cooked broccoli or cauliflower
- ✗ Cooked carrots or green beans
- ✗ Refried beans
- ✗ Salsa



# Play with your child

Plan to have at least 1 hour of active play time with your child every day!



- ☺ **Find your local walk trails and bike trails.** Bring along a camera, water bottle, bag for treasures and bug spray.
- ☺ **Go on a butterfly hunt.** Buy a small net. Children love running through the yard or park chasing butterflies. After catching butterflies, look at their colors and markings. Then let them go!
- ☺ **Organize a Spring Clean Up.** Get out the rakes and garbage bags. Pick up paper, twigs and leaves. Help your neighbors clean up their yards.

## Plant a Garden

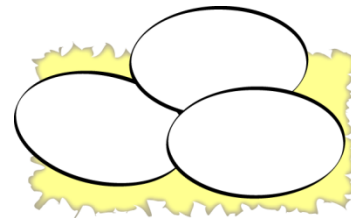
**Plant a garden with your child this spring!**

Maybe you are lucky enough to have your own garden space. If not,

- ♥ **Plant a garden at a friend or relative's home** if they have a garden space.
- ♥ **Look for a community garden.** They often will rent garden space at a low cost. Call your Cooperative Extension Office for information.
- ♥ **Plant in large pots!**  
Plant and grow vegetables with your child.  
Your child will be more willing to try to eat the vegetables that he helps to grow.

### Children can help!

- ♥ Dig with a small plastic hoe or shovel.
- ♥ Place seeds into a hole.
- ♥ Cover seeds with dirt.
- ♥ Give water to seeds and plants.



## Eggs for Kids

- ♥ **Egg Sandwich** – Scramble an egg and chopped cooked broccoli together. Cook egg in a skillet. Top with shredded cheddar cheese. Serve on toast.
- ♥ **Egg Salad & Crackers** – Remove shell from hard cooked eggs. Chop eggs. Mix eggs with low fat mayonnaise, salt and pepper. Serve on crackers!
- ♥ **Deviled Eggs & Ham** – Remove shells from hard cooked eggs. Cut eggs in half. Remove yolks and place in a bowl. Mix yolks, low fat mayonnaise, salt, pepper, dash of mustard and finely chopped ham. Spoon the mixture into egg whites. Serve!
- ♥ **Peel and Eat Eggs** – Hard cook eggs are the perfect snack – just peel off the shell and eat! A great source of protein!

### COOKING A “BOILED EGG”

- ♥ Place raw eggs in a saucepan. Cover eggs with water.
- ♥ Bring water to a fast boil for 30 seconds.
- ♥ Remove saucepan from heat and cover.
- ♥ Let eggs sit in covered pan for 20 minutes.
- ♥ Drain water off eggs and refrigerate.