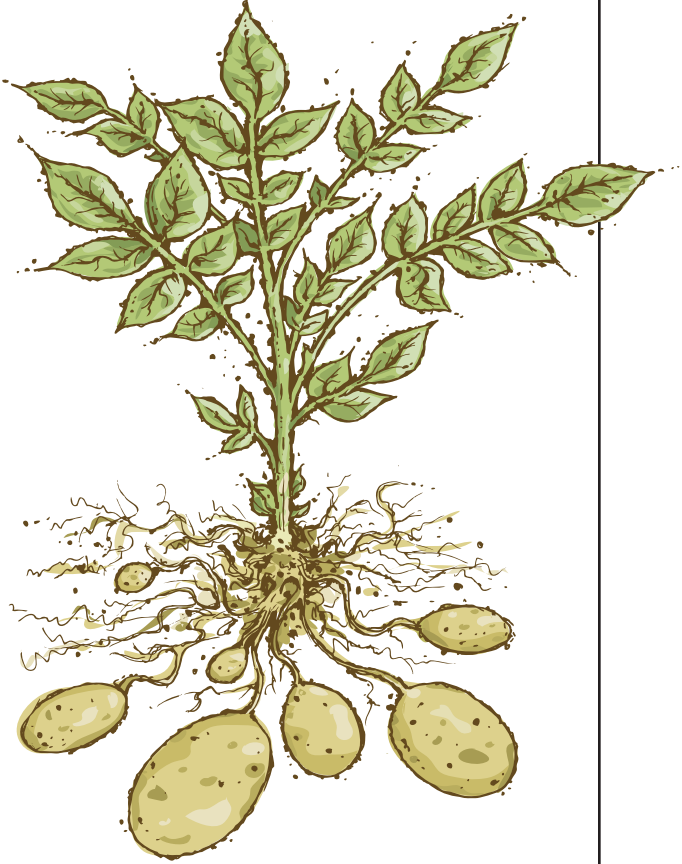


THE OREGON
POTATO
GROWN FOR SCHOOLS



Potato Power! Potatoes provide great fuel for busy kids. They contain complex carbohydrates, which provide the best source of energy for active play and sports.

HARVEST BITES

- Circle all the potatoes on this menu.
- How many did you find?
- Can you name at least three key nutrients found in potatoes?

Possible answers: carbohydrates, fiber, potassium, vitamin C, iron, vitamin B6

Shop for Colors!

Find the fruits and vegetables that are hiding in this puzzle: apples, apricots, avocado, carrot, corn, peas, potatoes, raisins, spinach. Look for them on your next visit to the grocery store or farmers' market.

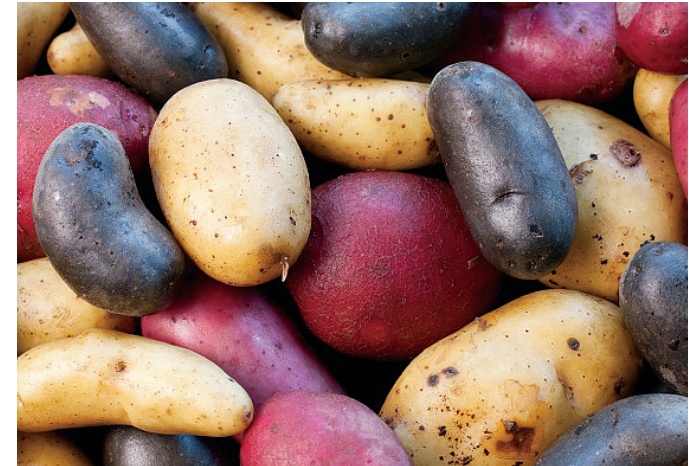
A P R I C O T S
 P S C I T P O R
 P O D A C O V A
 L C A R R O T I
 E X L N P E A S
 S P I N A C H I
 N Z Y A C O R N
 P O T A T O E S

Adapted from: Produce for Better Health Foundation, 2005.

RECOMMENDED DAILY AMOUNTS OF FRUITS AND VEGETABLES

	Kids - ages 5-12	Teens & Adults - age 13+
Males	2 ½ – 5 cups per day	4 ½ - 6 ½ cups per day
Females	2 ½ – 5 cups per day	3 ½ – 5 cups per day

If you are active, eat the higher number of cups per day. Visit mypyramid.gov to learn more



Grown in Oregon

A wide assortment of potatoes are available from Oregon farmers, including several types of russet potatoes, Yukon gold, and red varieties.

Healthy, Fit and Ready to Learn

Take the first step toward better health by offering your child a variety of fruits and vegetables every day. A half cup of cooked potatoes provides fiber, vitamin C, potassium, vitamin B6, iron, and energy rich complex carbohydrates.

