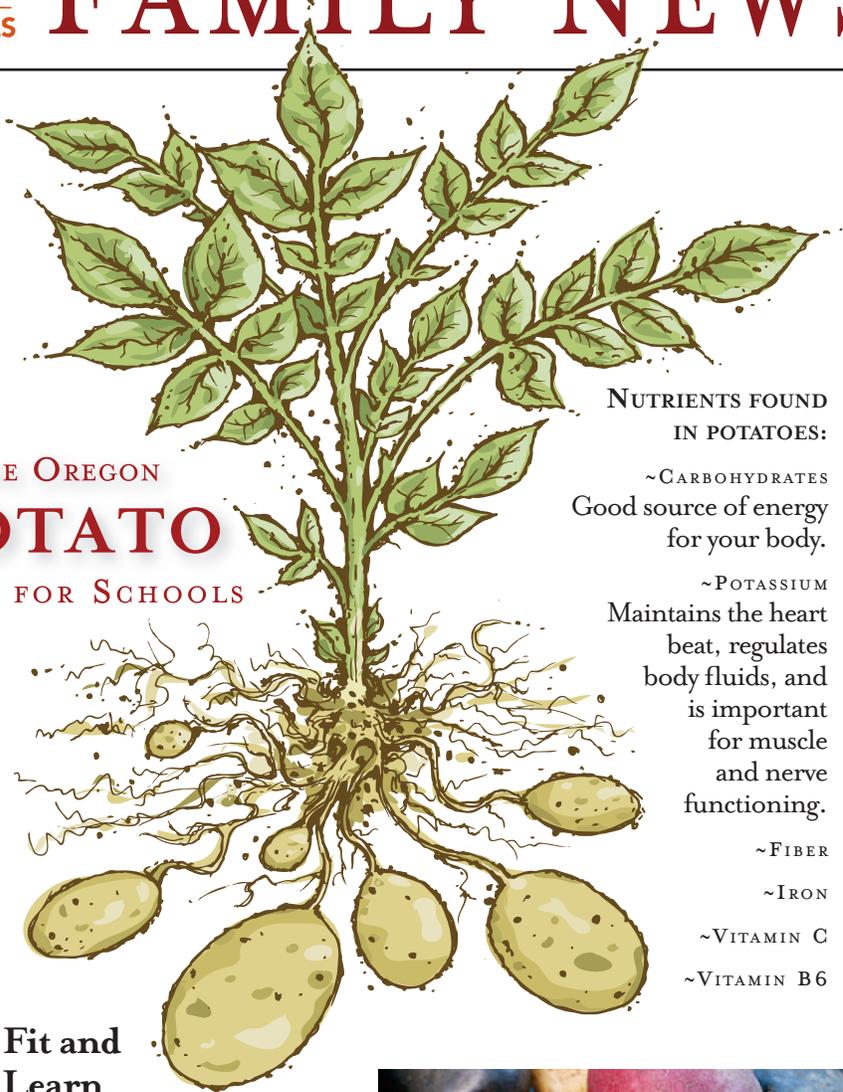


THE OREGON
POTATO
GROWN FOR SCHOOLS



**NUTRIENTS FOUND
IN POTATOES:**

~CARBOHYDRATES
Good source of energy
for your body.

~POTASSIUM
Maintains the heart
beat, regulates
body fluids, and
is important
for muscle
and nerve
functioning.

~FIBER

~IRON

~VITAMIN C

~VITAMIN B6

Healthy, Fit and Ready to Learn

- Offer your child fruits and vegetables at every meal for better health. ■ Let your child help in the kitchen and their interest in healthy eating will grow.
- Invite your child to scrub potatoes, tear fresh herbs, measure ingredients or fill the water glasses.



GROWN IN OREGON Potatoes grow in the Blue Mountains of Morrow County, in Central Oregon, Klamath County, Malheur County and the Willamette Valley. Parents, help your children find these places on an Oregon map.

YOUR OREGON KITCHEN

Shepherd's Pie (PASTEL AL PASTOR)

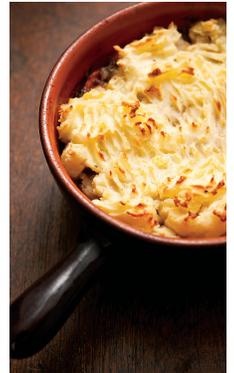
This easy-to-make casserole is topped with mashed potatoes.

INGREDIENTS

- 2 large Oregon baking potatoes, peeled and diced
- 1/2 cup low-fat milk
- 1 pound lean ground beef
- 2 tablespoons flour
- 4 cups frozen mixed vegetables
- 3/4 cup low-salt beef or vegetable broth
- 1/2 cup shredded cheddar cheese

DIRECTIONS

1. Put diced potatoes in saucepan; add enough water to barely cover. Bring to boil. Reduce heat and simmer, covered, until soft (about 15 minutes).
2. Drain potatoes and mash. Add milk, and set mixture aside.
3. Preheat oven to 375 degrees.
4. Brown meat in a large skillet. Stir in flour, and cook for 1 minute, stirring constantly.
5. Add vegetables and broth. Cook 5 minutes until bubbly.
6. Spoon vegetable mixture into 8" square baking dish. Spread potato mixture over vegetable/meat mixture.
7. Bake 25 minutes, until hot and bubbly.
8. Refrigerate leftovers within 2-3 hours.



SERVING SUGGESTION

A simple green salad and a slice of whole wheat bread turn this dish into a well-balanced dinner.

SERVING SIZE: 1 cup, **SERVINGS PER RECIPE:** 10, **CALORIES:** 180, **TOTAL FAT:** 4g, **SODIUM:** 150mg, **TOTAL CARBOHYDRATE:** 21g, **PROTEIN:** 14g

This recipe provided by OSU Extension Service. Visit their website for more healthy, low-cost recipes:

healthyrecipes.oregonstate.edu



FIND OUT MORE: Visit Oregon Department of Education Child Nutrition Programs at www.ode.state.or.us/services/nutrition. Look for Oregon Farm To School and School Garden Program under Associated Topics.

To learn more about Oregon potatoes, visit the Oregon Potato Commission at oregonspuds.com

Just for Kids



Homemade Potato Head

This fun project is a take off on the classic Mr. and Mrs. Potato Head.

Spark children’s creativity by using things you have at home to decorate a large Oregon potato with eyes, ears, nose, mouth, hair, etc. The options for decorative elements are endless! Use what you have on hand: art or craft supplies (construction paper, markers), fruits or vegetables (small ones or cut up pieces), magazine photos to cut up, or fabric bits.

Toothpicks are great for applying fruits and veggies, glue or gluestick works for art or craft supplies. Children can even make potato head portraits of family or friends.

Get moving!

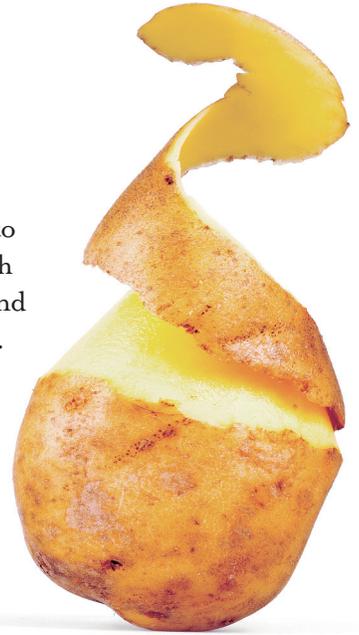
Remember the game “hot potato?” Play catch with your child using a bean bag, tennis ball, or beach ball. Pretend it is a “hot potato,” and toss it back and forth as quickly as you can.



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



EAT IT!
The potato skin is rich in fiber and nutrients.

Living and eating green

■ Buy locally. Look for Oregon grown potatoes in your supermarket, farmer’s market, or farm stand.

■ Carry your potatoes home in reusable produce bags or recycled food bags.



PRODUCE POINTERS

Keep potatoes cool, dry and dark

- Don’t wash potatoes before storing. Dampness promotes early spoilage.
- Store potatoes where it’s cool and well-ventilated. Do not refrigerate.
- Keep potatoes out of the light. Too much light will turn potatoes green and make them taste bitter.
- Perforated paper or plastic bags are a good place to store potatoes.

