



PROMOTING OREGON POTATOES

Promote Oregon potatoes in your cafeteria this month.

When you promote Oregon potatoes, you also market your school meal program. Plan fun cafeteria activities that involve students in learning about Oregon potatoes. Kids are more likely to try the food you promote. Use one or more of the following ideas this month.

Easy Marketing with Oregon Grown For Schools

Display this poster and the free poster from the Oregon Potato Commission near the serving line. Ask teachers to display this poster in their classroom. As students come through the serving line, point out the Oregon potato dishes. Find Oregon Potato Commission materials at oregonspuds.com.

Map It!

Display a state or county map and mark the spots where potatoes are grown close to your community. Include school and community gardens too! Display a sign with the map asking students if they know of additional potato growing locations (family gardens count!). Ask students to add new locations to the map by speaking with nutrition service staff. Go to localharvest.org to find local farms, farmers markets and other sources of sustainably grown potatoes and other foods in your area.

Play Tater Trivia in the Cafeteria

Post a trivia question in the cafeteria. Provide students with slips of paper and a box for their answers. Every few days, feature a Tater Trivia winner or post the Tater Trivia winners names (and photos) in a prominent place. Offer small prizes such as stickers, water bottles, or other donated healthy items. Potential trivia questions include:

QUESTION Most vegetables grow from seeds. Potatoes are an exception. What do they grow from?

ANSWER Eyes.

Q How many pounds of potatoes can grow from one acre of Oregon farmland?

The closest guess wins!

A 53,000 pounds, one of the highest yields in the world!

Q Name at least three key nutrients found in potatoes.

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

Q Fill in the blank: The complex carbohydrate found in potatoes provides a good source of _____ for your body.

A Energy.

Q Whenever possible, scrub potatoes well and leave on the skin. Why is this important?

A Because the skin is rich in fiber and nutrients.

Q Name at least four colors of potatoes.

A Possible Answers: white, tan, brown, red, gold, blue, purple.

Q What year were potatoes first planted in Oregon? The closest guess wins!

A 1795: The first recorded planting of potatoes in Oregon was made by the crew of the ship 'Ruby' under Captain Bishop, on an island in the Columbia River near Cape Disappointment.

Q This vitamin is often linked to oranges and citrus fruit. Potatoes are also a great source of this vitamin. Can you name it?

A Vitamin C.

Q This mineral found in potatoes maintains the heart beat, regulates body fluids, and is important for muscle and nerve functioning. It also begins with the same first four letters as potato. Can you name it?

A Potassium.

Q When is Oregon's potato harvest?

A Mid-July - October.

Promote Potatoes with Student Art

Ask classroom teachers or health teachers to get involved in Oregon Harvest for Schools by assigning students an art project focused on potatoes as a theme. Display student art with this poster in the cafeteria or in another area of the school.

Invite a Potato Farmer to Lunch

Feature a local potato farmer as the VIP in the cafeteria. Invite him or her to eat school lunch with students. Can they bring a simple display featuring produce samples and potatoes at different growing stages or give a short presentation at each lunch period?

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.

ELEMENTARY SCHOOL

Potato Prints Activity:

Time: 30 minutes or more

Students will love making their mark with these potato prints.

Materials Needed:

- 3 large baking potatoes
- Tempera or other child-safe paint. Watercolors work too!
- Saucers (to hold paint)
- Paper
- Pens or markers
- Kitchen knife (for adult use only)
- Glitter, sequins, etc. (optional)

What to Do:

Step One: Cut each potato in half width-wise. The raw surface will be used as the stamp for your prints.

Step Two: Students can draw several shapes (not larger than the diameter of the raw surface) that they'll use for the designs of their stamps. Some good shapes are: star, fish, moon, sun, triangle, smiley face, peace symbol, etc.

Step Three: Cut out the shapes and trace them on the raw surface of the potatoes. Then, use the kitchen knife to carve the background away. (Don't cut out the shape itself.)

Step Four: Pour various colors of paint into the saucers. Dip the potato stamps into the paint and print them on the paper. If using watercolor, mix the watercolor with a drop of water using a small brush and paint onto the stamp. Print on paper.

Step Five: After making several sets of prints, you can trim the edges of the potatoes and try carving new shapes until you run out of spuds!

Optional:

Students can make wrapping paper designs or just have fun printing the shapes on the paper. When the paint is dry, highlight the designs with markers, glitter, or other decorations.

MIDDLE SCHOOL

Meal Planning Prompts:

Plan a meal that includes a potato. The meal should be low in calories, fat and sodium and provide at least 20 percent of the recommended Daily Value for iron, fiber and calcium.

- **Which potato would you select?**
- **What other foods (grains, fruits, vegetables, meat/beans, dairy products) would you include to make a complete, balanced meal?**
- **Which vitamins are included in your meal?**

HIGH SCHOOL

Potato Advocate Prompts:

- **List** your favorite restaurants and places that serve French fries or hash browns.
- **Research** how these foods are prepared.
- **Find out** if they offer a substitute side dish. If no substitute dishes are offered, make a list of healthier substitute side dishes (e.g., baked potatoes, roasted potatoes, side salad, tomatoes with lowfat cottage cheese)
- **Compile** the nutrient data for all options.
- **Contact** local food vendors for unit cost comparisons.
- **Write** a persuasive letter to the restaurant's manager/owner for making healthier side dishes available.
- **Share** results with peers and encourage them to order healthier side dishes.