

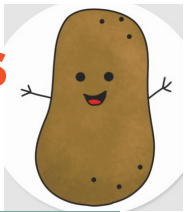
MAY 24TH, 2020

KID'S NUTRITION

COMPLIMENTS OF YOUR SHOPRITE DIETITIANS



Why are Potatoes good for kids?














Potatoes are a healthy vegetable full of nutrition:

They are an excellent source of vitamin C, good source of potassium, low in sodium & cholesterol, are fat-free and the carbohydrates provides energy!

Tips On Cooking Potatoes With Vegetables

Potatoes can be cooked in many ways, including baked, roast, microwave or mashed. Because no oil is used in baking a potato, it is one of the healthier cooking methods. It is especially healthy if you eat the skin, as that is where much of the fiber and many of the nutrients are contained. But potatoes are also a great way to add other vegetables into your child's meal. Kids love the taste of potato and by combining it with another vegetable, children are usually more open to trying it.

The following are some healthy and easy way to prepare potatoes and introduce other vegetables!

-  To keep your potatoes low in calories and healthy, try these ideas:
-  Serve baked potatoes with salsa or diced vegetables and sprinkle about one ounce of shredded cheese on top.
-  Boil potatoes with finely chopped colored vegetables and add a little olive oil for a great side dish.
-  Have the kids help compare a few food labels when selecting canned or packaged goods.
-  Add cherry tomato, cooked peas, and chopped basil to the potato salad.
-  Make potato casserole with your child favorite vegetables or try adding a new vegetable.
-  Make roasted red or purple potatoes with mushrooms and chopped spinach in the oven with a bit of olive oil and your child favorite spices.
-  Make cauliflower mashed potatoes. Simply mash cauliflower and potato together
-  Or try making pink mashed potato- simply mix in beets to the mashed potato to create a fun dish!
-  Toss steamed diced yellow potatoes, broccoli, cauliflower, and carrots with olive oil and fresh herbs of your choice for a tasty meal
-  Try baked potatoes with chunks of tuna fish and steamed green beans dressed lightly with oil and vinegar



Make Meal Time Fun Time ...

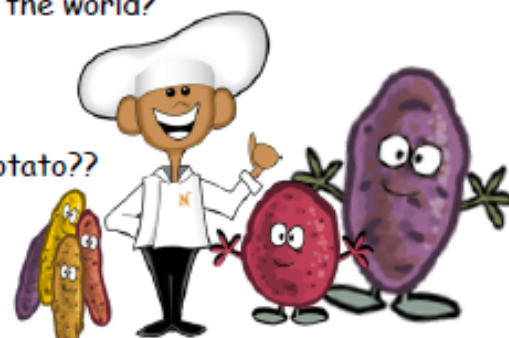
Play Meal Time Trivia



Chef Solus' Tater Trivia Time!



1. Do you know how many pounds of potatoes most people eat a year?
 - a. 227 lbs
 - b. 4410 lbs
 - c. 66 lbs
2. When were potatoes first eaten in North America?
 - a. 1860
 - b. 1719
 - c. 1546
3. Who was given credit for introducing French Fries to America?
 - a. Albert Einstein
 - b. George Washington
 - c. Thomas Jefferson
4. How many different countries grow potatoes?
 - a. 100
 - b. 125
 - c. 230
5. In what unique way did the Incas use the potato?
 - a. Medicine
 - b. To measure time
 - c. Sports
6. Who were the first people to eat potatoes 6,000 years ago?
 - a. Europeans
 - b. Canadians
 - c. Peruvians
7. Which country is the largest potato producer?
 - a. United States
 - b. China
 - c. Europe
8. How big was the largest potato recorded in history?
 - a. 100 pounds
 - b. 50 pounds 6 ounces
 - c. 18 pounds 4 ounces
9. How many different potato varieties are there in the world?
 - a. 2,000-3,000
 - b. 100-200
 - c. 4,000-5,000
10. Most of the fiber is found in what part of the potato??
 - a. the outside skin of the potato
 - b. the inside of the potato

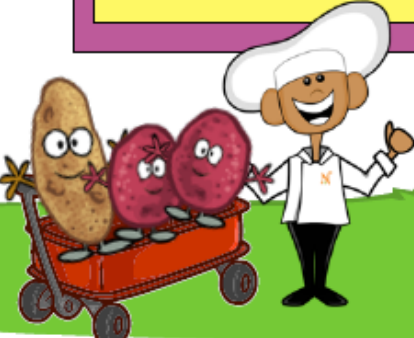


Potato Answers:

1.a 2.b 3.c 4.b 5.b 6.c 7.b 8.c 9.c 10.a

Try looking for different potatoes:


D	T	F	R	S	E	V	E	N	U	D	Z	G	K	J
G	F	X	F	I	T	M	E	I	B	Y	H	O	A	C
Y	H	S	P	I	F	X	G	G	O	Y	T	S	A	T
G	E	Y	S	B	N	S	B	V	E	D	L	I	T	Z
I	A	J	L	S	S	G	M	R	U	T	D	K	T	L
Z	L	W	M	O	R	C	E	B	B	N	A	Q	K	P
I	T	P	U	L	C	C	I	R	I	Z	H	B	U	E
J	H	H	I	A	N	Y	E	L	L	O	W	R	L	E
Z	Y	R	S	L	I	P	L	P	S	I	P	N	E	E
C	B	P	S	L	M	H	C	V	M	L	N	T	B	M
E	H	H	A	A	A	R	V	Q	E	N	I	G	X	A
W	H	I	T	E	T	E	O	I	N	T	R	E	D	S
I	V	P	O	Y	I	B	A	K	E	D	T	N	U	H
N	N	J	P	E	V	I	F	P	A	X	N	Q	W	E
P	D	P	A	K	E	F	A	V	R	F	U	R	O	D



FINGERLING
PURPLE
SEVEN
VEGETABLE
HEALTHY

RED
WHITE
VITAMIN C
POTASSIUM
BAKED

YELLOW
PETITE
FIBER
TASTY
MASHED



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Recipes available on potatogoodness.com



Rainbow Roasted Potato Salad



Potato & Vegetable Quiche

Questions? Contact your in-store Certified Nutritionist, Sheila at the Clinton SHOPRITE
(908)-730- 6800 option 6 or Sheila.Suerig@Wakefern.com