



FAMILY NEWSLETTER

SWEET POTATOES

This month the children will be learning about and trying sweet potatoes. Sweet potatoes contain many vitamins and minerals that are essential to a healthy diet. They are high in vitamins A, C, E, and K, potassium and iron, as well as several others. They are high in fiber and thought to help control blood sugar. They are extremely versatile and can be prepared in many ways; nearly any way a white potato can be prepared!

Don't have an hour to bake sweet potatoes in the oven?

Try cooking them in your slow cooker! Scrub them well (if you wish to eat the skin), set to low and cook for 6-7 hours (depending on their size). Cook 4 at a time, and check with a fork to see if they're done. The fork should go right through!

Kid-friendly
ways to eat sweet
potatoes

Mashed sweet potatoes

Sweet potato puffs

Roasted sweet
potatoes

Stuffed sweet potatoes