

# PATCH Food Program Newsletter



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## Recipe

### Beet & Potato Mash

- 5 Whole Beet Roots
- 6 Large Russet Potatoes
- ½ tsp Minced Garlic
- ¼ tsp Black Pepper
- ¼ tsp Salt

1. Boil a pot of water.
2. Peel and chop the beets and potatoes into quarters (you can keep potato skin on if preferred).
3. Add the beets and potatoes to the boiling water and cook at Medium to Medium-low for 15-20 minutes or until tender when pierced with a fork.
4. Remove the pot from the heat and drain the water.
5. Mash the beets and potatoes with a potato masher or use a food processor/blender until no lumps remain.
6. Stir in the garlic, black pepper, and salt. Continue to mash until smooth and creamy.

## Physical Activity Corner



Musical Turkey Feet: This game is similar to

musical chairs, without any eliminations. To make the turkey footprint, use strips of masking or painters tape to make Turkey footprints on the ground. Play music and have children dance and act like a turkey. Once the music stops, the children need to find a footprint and freeze until the music starts up again. Encourage the children to find a different footprint every time.



## Snack Time

Tired of having boring crackers to snack on? Try topping your whole grain crackers with:

- Peanut Butter & Grapes
- Ricotta Cheese & Peas
- Avocado & Olives
- Swiss Cheese & Pears
- Chicken Salad & Celery
- Turkey & Cranberries
- Smoked Salmon & Cucumber

Or you can go traditional with Ham & Cheddar Cheese. The possibilities are endless!

## Nutrition Facts

Pumpkins are a part of squash family. They are a type of fruit and contain 90 percent water. Pumpkins are rich in Vitamin A which can aid with eye sight, Vitamin C which is an antioxidant, and potassium which helps to maintain a healthy blood pressure.

## What is Organic?

Organic meat, poultry, eggs, and dairy come from animals that are not given antibiotics or growth hormones. Organic plants are not produced with conventional pesticides, fertilizers with synthetic ingredients, sewage sludge, bioengineering, or ionizing radiation. The three organic claim levels include: 100-Percent Organic which means the product is completely organic, Organic which means at least 95 percent of ingredients are organic, Made with Organic Ingredients which means at least 70 percent of the ingredients are organic.

<http://www.eatright.org/resource/food/nutrition/nutrition-facts-and-food-labels/understanding-food-marketing-terms>

Want to get your engine going?



Eat Fruits and Veggies!