Teach & Taste Check-Off

- **Announce** the Harvest of the Month on December 5th
- **Post the** It’s Launch Time! Poster

This month you will receive 4 posters*: (Save them for designated months)
- Dec: It’s Launch Time*
- Jan: Breakfast Poster*
- Feb: PA Pyramid**
- Mar: Be Brave and Try New Foods*
- Apr: RYD Water Poster **
- May: Make Today a Try Day*

**Will be distributed during designated month.

- **Teach the lesson** from your Teacher Binder, using the student workbooks:
  - K-1: Power Up! With Fruits & Vegetables
  - 2-3: Fruits & Veggies Everyday
  - 4-5: Power Play! Journal

Eat Mindfully During the Holidays:
- Select small portions by using smaller plates. Fill your plate w/ veggies before the entrees & desserts.
- Don’t arrive to a party on an empty stomach, and enjoy your food by eating slowly.
- After a meal, take a walk and catch up with friends & family.

KEY MESSAGES
- Try a fresh fruit salad for a class celebration!
- Raw veggies and ranch dressing make an easy snack!

Harvest of the Month: **WINTER SQUASH!**

Monday, December 5th
- All teachers will receive:
  - Family newsletters to send home
  - Stickers to give to students
- The classroom tasting is optional!
  - If you are included, you will receive a box of Winter Squash Soup to warm in the microwave or on the stove, and tasting cups for portioning.

- Please have students complete the activities in the workbook!
- Check out recipes on the back.

Harvest of the Month — What’s Next?

<table>
<thead>
<tr>
<th>JAN</th>
<th>Citrus</th>
<th>Classroom Tasting</th>
<th>Tues, 1/24</th>
</tr>
</thead>
<tbody>
<tr>
<td>FEB</td>
<td>Cooked Greens</td>
<td>Classroom Tasting</td>
<td>TBD</td>
</tr>
</tbody>
</table>

For more resources, visit our website: [www.healthiersf.org/nutrition](http://www.healthiersf.org/nutrition)
**SWEET POTATO FRIES**

**INGREDIENTS**
- 2 pounds sweet potatoes, peeled
- 2 tablespoons olive oil
- 1 teaspoon garlic powder
- 1 teaspoon paprika
- 1 teaspoon salt
- ½ teaspoon black pepper

**PREPARATION**
1. Heat the oven to 400.
2. Cut the sweet potatoes into sticks 1/4 to 1/2 inch wide and 3 inches long, and toss them with the oil.
3. Mix the spices, salt and pepper in a small bowl, and toss them with the sweet potatoes. Spread them out on 2 rimmed baking sheets.
4. Bake until brown and crisp on the bottom, about 15 minutes, then flip and cook until the other side is crisp, about 10 minutes. Serve hot.

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**Sweet Potato Apple Bake**

Serve with frozen yogurt for a special treat.

**INGREDIENTS**
- 1 pound sweet potatoes (about 1 large sweet potato), peeled and cut into chunks
- ¼ cup unsweetened 100% apple juice
- 2 apples, peeled and cut into chunks
- ½ teaspoon vanilla extract
- 1 tablespoon butter, melted
- ½ teaspoon cinnamon
- ½ teaspoon nutmeg
- 2 tablespoons brown sugar nonstick cooking spray

**PREPARATION**
1. Place an oven rack in the middle of the oven. Preheat oven to 400°F.
2. In a large bowl, mix all ingredients.
3. Spray a 9 x 9-inch glass baking dish with nonstick cooking spray. Pour mixture into baking dish.
4. Bake until sweet potatoes are tender, about 45 minutes. Spoon the liquid in the dish over the sweet potatoes and apples a few times while baking. Serve while warm.

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**Sweet Potato Hash**

This savory and sweet side dish is sure to be a breakfast favorite.

**INGREDIENTS**
- 1 cup vegetable oil
- 2 cups frozen or fresh chopped bell peppers and onions
- 2 pounds sweet potatoes (about 2 medium sweet potatoes), peeled and cut into small cubes
- 1 teaspoon cumin
- 1 teaspoon salt
- 1 teaspoon red pepper flakes

**PREPARATION**
1. Heat oil in a large skillet over medium-high heat.
2. Sauté bell peppers and onions until tender, about 5 minutes.
3. Add remaining ingredients and reduce heat to medium.
4. Cook for 20 to 25 minutes, stirring every 2 to 3 minutes. Sweet potatoes may begin to stick to the skillet, but continue to stir gently until they cook through. Serve while hot.