Eat *Sweet Potatoes*

Snack Idea:

Make sweet potato fries by dipping strips of sweet potatoes in egg substitute. Bake at 425°F for 25 to 30 minutes.

Produce Tip:

Keep sweet potatoes at room temperature. Do not store them in the refrigerator.

Health Tip:

Sweet Potatoes are an excellent source of beta carotene which helps the body fight sickness and disease.

For CalFresh information, call 530-225-5767. Funded by USDA SNAP, an equal opportunity provider and employer.
Visit www.cachampionsforchange.net for healthy tips. •California Department of Public Health

Network for a Healthy California Harvest of the Month

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