



Where healthy eating becomes a habit!

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*The Tompkins and Cortland Offices will be closed
Monday, December 25, 2023 and January 1, 2024.
Please let your specialist know when you will be closed.*

Produce Shopping Getting You Down?

Cost savings tips

- Shop in season and local
- Stock up on sale items if it's reasonable and safe to store.
- Remember *Fresh, Frozen, Dried or Canned (canned with low sodium or fruit juice - not heavy syrup) as the preference.*
- Consider purchases from your local farmers. Keep receipts.
- Reduce purchasing prepared foods such as fruit pouches, frozen French fries, Tater Tots, or individual fruit cups. Ounce for ounce fresh produce may cost less and are healthier because they don't include additives, preservatives, or added fats.



NEW!

Recipes are on the back page!

We want to hear from you!

Do you have recipes to share?

A book you recommend?

If you would like us to include your ideas in TIDBITS please reach out to your CACFP Specialist!

We enjoy working with you!

Winter Seasonal Produce List

Vegetables Avocados, Beets and beet greens, Bok Choy, Broccoli, Broccolini, Broccoli rabe, Brussels sprouts, Cabbage (red and green), Carrots, Cauliflower, Celery root, Chayote, Chicories (endive, radicchio) Collards, Garlic, Fennel, Kale, Leeks, Mustard Greens, Onions, Parsnips, Shallots, Swiss chard, **Sweet Potatoes (recipe on the back)**, Turnips and Turnip Greens, Winter Squash.

Fruits Apples, Clementines, Grapefruit, Kiwis, Kumquats, Lemons, Oranges, Pears, Persimmons, Tangerines

Available year round: Bananas, Cucumbers, Mushrooms, Potatoes, most frozen vegetables.

For more information about seasonal produce in NYS visit www.thespruceeats.com

More to explore at your local library.

I Can't Eat This Stuff:

How to Get Your Toddler to Eat Their Vegetables (Brave Kids Press) by Liz Fletcher.



The book tells a story about the importance of **healthy eating** through imagination, fun, and adventure!



The Child Development Council is an equal opportunity provider.

Baked Sweet Potato Fries

Sweet Potato math. One pound of fresh sweet potatoes is 8 - 2 ounce servings.
One pound of sweet potato is 2 1/3 C diced, 3C sliced, or 4C grated.

Supplies:

1-1/4 pounds of washed sweet potatoes with or without skins. (extra for 2nds)
Spray oil such as olive or canola oil
Sharp knife
Cutting board
Baking tray

Directions

- Preheat your oven to 400° F
- Clean your cutting surfaces
- Wash potatoes
- Wash hands
- Cut potatoes same size for even baking
- Spray pan with oil
- Place potatoes in a single layer on the pan
- Spray potatoes lightly with oil

Bake for approximately 30 - 45 minutes.
Flip the potatoes half way through cooking. Bake until golden brown & soft.
Dip suggestion, applesauce.

CACFP Servings 8 - 2 oz servings.
Counts as a Vegetable Gluten Free, Vegan

Suggestion: 100% Applesauce used as a dipping sauce. 2 oz servings.
Counts as a Fruit. Gluten free, Vegan



Cooking with Children

Let children help by washing hands, washing potatoes, preparing the pan for baking and arranging potatoes on the pan.

Cutting is an age appropriate skill with child friendly tools and adult guidance.

Connecting children with cooking provides an opportunity to enhance many skills including Language, Fine Motor, STEM, and Food Acceptance trying new foods.



Science Corner

Sweet potatoes can be grown inside like a house plant!
Place an *organic sweet potato in a jar of water.
(*conventional has growth inhibitors).

Put the jar in a warm dark place and keep the jar filled with water. New roots should start to grow in about ten days. As soon as green stems start to grow, place in a sunny window. As the vine grows, use plant food in the water or plant in potting soil.

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