

November Family Newsletter

Choosing Healthy Habits Planner Theme: Fruits, Vegetables & Flexibility

Fitting in **fruits, vegetables and flexibility** are positive habits you should do daily to promote healthy eating and better overall well-being. Keeping your joints **flexible** can promote safe participation in activities and help prevent the risk of injury.



*Check out page 75 in the *Choosing Healthy Habits* planner for more information.

National Healthy Habit Celebrations

- ✓ American Diabetes Month
- ✓ Family Literacy Month
- ✓ Healthy Skin Month

Healthy Habit Challenge

Flexibility is the range of motion possible at a joint. Increase your **flexibility** by adding five minutes of stretching activities each morning and each evening. Set a goal to complete this challenge at least three days a week!

Harvest of the Month: Sweet Potatoes

Fun Facts

- ✓ **Sweet potatoes** are high in vitamin A, vitamin C and potassium.
- ✓ A medium **sweet potato** contains no fat and 4 grams of fiber.



Buying Tips

- ✓ Select **sweet potatoes** that are firm with smooth skin.
- ✓ Store **sweet potatoes** in a cool, dry place.
- ✓ Do not refrigerate **sweet potatoes**.

Harvest of the Month Recipe Oven Baked Sweet Potato Fries

Ingredients:

- 3 medium **sweet potatoes**, sliced
- 3 tablespoons olive oil
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- salt and pepper



Instructions:

1. In a large bowl, toss **sweet potatoes** in olive oil until fully coated.
2. Sprinkle with paprika, garlic powder, salt and pepper.
3. Spread in a single layer on a baking sheet.
4. Bake at 425°F until tender and golden brown, flipping occasionally.
5. Enjoy!

*Makes 6 servings. For more information [click here!](#)