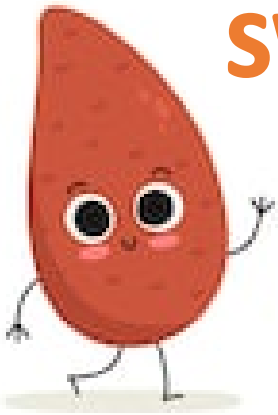
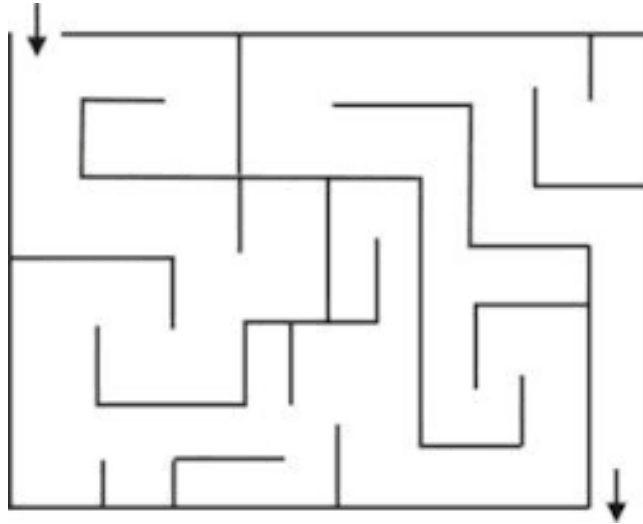


SWEET POTATOES



START



FINISH

Nutrition Facts

Serving Size: 1/2 cup baked sweet potatoes (100g)	
Calories 90	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 36mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber 3g	13%
Sugars 6g	
Protein 2g	
Vitamin A 384%	Calcium 4%
Vitamin C 33%	Iron 4%

WORD SCRAMBLE

Unscramble the letters to figure out different ways to eat sweet potatoes!

DKEAB _____

ISEFR _____

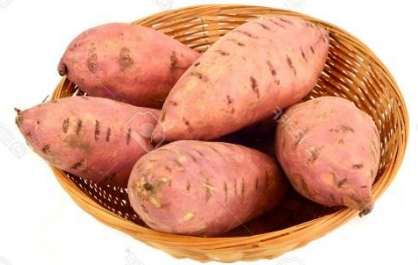
EPI _____

CAIDDEN _____

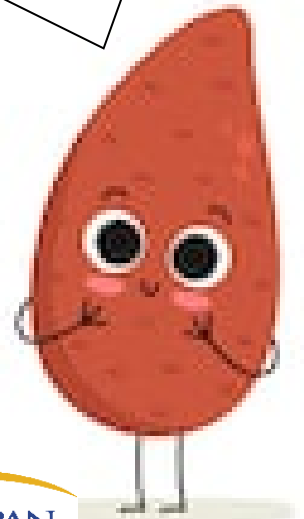
TTAER OTTS _____

SDMEAH _____

Answers: BAKED, FRIES, PIE, CANDIED, TATER TOTS, MASHED



FUN FACT: George Washington, the first president of the United States, grew sweet potatoes at his home in Virginia!



Market Basket of the Month is a WellSpan Community Health and Wellness initiative. To view recipes and additional information, go to: www.wellspan.org/marketbasket

