

TEACHING TOOL DOWNLOAD

August

SWEETPOTATO IDEAS FOR SCHOOL LUNCHES

Sweetpotatoes make a great addition to kids' school lunches as meals and snacks because they are so versatile and full of nutrition! Filled with Vitamins A and C and a slew of antioxidants, sweetpotatoes help contribute to a healthy immune system, while also providing long-lasting, energizing carbohydrates for activity and classroom activities.

Furthermore, a 2013 study published in the American Journal of Clinical Nutrition, found that providing a variety of vegetables and fruits as snacks led to increased consumption of both among preschool children, and can help them meet their recommended nutrient intakes (1).

If you're feeling stuck with adding fruits and vegetables to school lunches, here are some of our favorite ways to spice up a normal meal with sweetpotatoes.



1. Add sweetpotatoes to your baked meatballs. Kids can help with shaping and mixing the meatballs in the kitchen, and then enjoy them for leftovers in their lunch!
ncsweetpotatoes.com/recipe/sweetpotato-turkey-meatballs/
2. If you're serving chicken nuggets, amp them up with a side of spinach sweetpotato tater tots. Kids love dipping them into ketchup, honey mustard or hummus!
ncsweetpotatoes.com/recipe/spinach-sweetpotato-tater-tots/
3. Does your child love pasta in any form? This cheesy kale and sweetpotato mac and cheese casserole is a great source of extra calcium and vitamins, while also being delicious!
ncsweetpotatoes.com/recipe/kale-and-sweetpotato-baked-mac-n-cheese-casserole/
4. Pizza for lunch is a known classic, and why not let your child experience the goodness of pizza with a sweetpotato crust? You can make it a family activity by letting kids add whatever toppings they'd like!
ncsweetpotatoes.com/recipe/sweetpotato-pizza-crust/
5. Want a fun sweet addition to your child's lunch? Sweetpotato pie fruit leather is just like the old school fruit roll-ups, except made with real, good-for-you ingredients.
ncsweetpotatoes.com/recipe/sweet-potato-pie-fruit-leather/

Resources:

1. Roe, L.S., Meengs, J.S., Birch, L.L., Rolls, B.J. (2013). Serving a variety of vegetables and fruit as a snack increased intake in preschool children. American Journal Clinical Nutrition. 98(3):693–699. doi:10.3945/ajcn.113.062901



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