

# HEALTHY MINDS, HEALTHY BODIES



DEER VALLEY UNIFIED SCHOOL DISTRICT

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## FRUITS & VEGETABLES IN SEASON

Shop what's in season for best freshness, taste, and nutrition.

- Apples
- Basil
- Peppers
- Corn
- Dates
- Green Onion
- Spinach
- Sweet Potatoes
- Pumpkin
- Winter Squash

## Baked Sweet Potato Fries with Parmesan



## #TryItTuesday Sweet Potatoes

### Ingredients:

- 2 sweet potatoes
- 2 tbs olive oil
- 1 tsp garlic powder
- 1 tsp oregano
- 1/2 tsp black pepper
- 2 tbs reduced fat parmesan cheese



### Instructions

- Chop sweet potatoes into wedges. Lightly toss with olive oil
- Mix the spices together in a bowl. Toss them with the sweet potato wedges and arrange on a baking sheet.
- Bake for 15 minutes at 400 F, flip, and bake the other side for 10 minutes or until crisp.
- Sprinkle with parmesan cheese. Enjoy!

### Nutrition Facts:

Serves 4-6. Calories - 105, Protein - 2 g, Total Carbohydrates - 10 g, Fiber - 2 g, Total Fat - 6 g, Saturated Fat - 1 g, Vitamin A - 53% DV

- ★ High in Fiber, Vitamin A, Vitamin B6, Potassium
- ★ Delicious baked, roasted, in salads or blended in soups
- ★ Try seasoning with garlic, oregano, rosemary, or cinnamon instead of sugar to cut down extra calories

Follow @DVUSDNutrition for wellness tips!



# Healthy Snacking at Home

In 2014, the USDA implemented "Smart Snack Standards." The standards focus on providing fruits, vegetables, whole grains, dairy, and protein while keeping added sugar, fat, and sodium down. According to the USDA, about 1/4 of calories consumed by children come from snacks. This means healthy snacking is a big part of balanced diets and healthy eating habits. Good habits are learned at home too, therefore parents play a big role in teaching healthy eating. Here are some tips to encourage healthy snacking!

- Who doesn't love having choices? Give your child multiple healthy options for snack time.
- Involve your child in preparing and shopping for snacks. Whether it's letting your child spread the peanut butter on an apple or picking their favorite yogurt flavor at the grocery store, greater involvement encourages greater interest.
- People tend to eat more when they eat in front of the TV. Keep snack time an isolated activity to discourage mindless eating.
- Keep healthy snacking fun! Try some of the ideas to the right, or visit one of these resources for more tips and ideas:

## Resources for Healthy Snacking

- <https://healthymeals.fns.usda.gov/smartsnacks>
- <https://www.health.harvard.edu/staying-healthy/7-ways-to-snack-smarter>
- <http://www.eatright.org/resources/for-kids/>

## Vitamin A



Vitamin A is famous for helping people see at night, but did you know it also helps your body fight infections? Vitamin A helps our bodies keep cell division and growth under control and keep our bones and skin healthy. Additionally, Vitamin A is important for normal development of the heart, lungs, and kidneys. Rich sources of Vitamin A include bell peppers, black eyed peas, sweet potatoes, mango, pumpkin, spinach, carrots, broccoli, and apricots.



## Community Events

- **Phoenix Greek Festival** - Enjoy Greek food and culture! Oct. 13th-15th, Holy Trinity Greek Orthodox Cathedral [phoenixgreekfestival.org](http://phoenixgreekfestival.org)
- **Mercado Del Lago Farmers Market** - This is a brand NEW market starting October 22 featuring local foods, accepting SNAP and WIC vouchers. Sundays 10am-2pm. 8300 N. Hayden Road, Scottsdale, [arizonacommunityfarmersmarkets.com](http://arizonacommunityfarmersmarkets.com)
- **Phoenix Children's Hospital 5K** - 2nd annual 5k walk/run supporting Phoenix Children's Hospital! Enter as an individual or team! October 7th. October 7th, downtown Phoenix. [action.phoenixchildrens.com](http://action.phoenixchildrens.com)



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