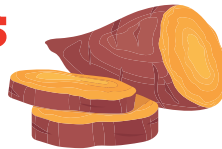


### Drink more water & less sugary drinks every day!

- Discover fast ways to cook
- Color your plate
- Stock up
- Focus on whole fruits
- Shop what's in season
- Eating out



### Harvest of the Month: Sweet Potatoes



#### Benefits:

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

#### Buying Tips:

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

#### *Drink water as a family during the holidays!*

- Avoid buying sugary drinks
- Keep a water bottle handy
- Be a good role model

#### *Infuse your water with a variety of fruits and vegetables.*

#### **Try this Cucumber Lime recipe!**

##### **Ingredients:**

- ½ cucumber, sliced
- ½ lime, cut
- 16 ounces of water

##### **Instructions:**

1. Wash ingredients
2. Place ingredients in a water bottle
3. Chill in refrigerator.

#### *Share your cucumber lime water on social media!*



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*Secondary:* Text MOVE to 833-369-3547



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