



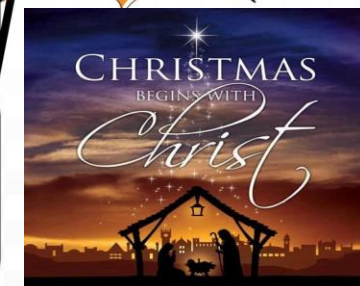
DECEMBER

2019

GOOD EATS AT



SPECIAL ANNOUNCEMENTS



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER



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I'm
POWERFUL PETE

M	T	W	TH	F
Cheez-its Fruit Juice 2	Animal Crackers Grape Juice 3	Pretzels Orange-Tangerine Juice 4	Cinnamon Elf Grahams Strawberry Kiwi Juice 5	Cinnamon Toasters Grape Juice 6
Cheez-its Fruit Juice 9	Animal Crackers Grape Juice 10	Pretzels Orange-Tangerine Juice 11	Cinnamon Elf Grahams Strawberry Kiwi Juice 12	 13
Cheez-its Fruit Juice 16	Animal Crackers Grape Juice 17	Pretzels Orange-Tangerine Juice 18	Cinnamon Elf Grahams Strawberry Kiwi Juice 19	Cinnamon Toasters Grape Juice 20
 23	 24	 25	 26	 27
 30	 31			



POWERFUL PETE

Sweet Potato

One day the farmer was harvesting sweet potatoes on the Healthyville farm when suddenly a storm rolled in. Lightning struck in the sweet potato field and all of the sweet potatoes were cooked except one! Powerful Pete the Sweet Potato jumped up and looked around with electric eyes and realized he could see for miles around. His powerful eyes would even shoot vitamin A into the ground to make the healthiest sweet potatoes for kids to eat!



WHAT TO KNOW

Sweet potatoes are an excellent source of vitamin A, which is great for vision and healthy growth. Sweet potatoes are also very good sources of vitamin C, copper, and vitamins B5 and B6. Unlike other potatoes, sweet potatoes are red-orange vegetables and are the only potatoes that provide vitamin A. They are also high in beta carotene.



POWERFUL PETE'S
**FAVORITE
ACTIVITIES**
Ice Skating and Hockey



**POWER
SUPER
VISION**

JOKE OF THE MONTH

Q: What do you get when you cross a potato with an elephant?

A: mashed potato

WORD SEARCH

Find the following words: potato, root, vegetable, soil, farm, cultivate, sweet

F	C	E	P	A	C	R	V
M	U	U	O	O	T	S	E
D	L	G	T	J	K	V	G
H	T	O	A	F	N	A	E
S	I	T	T	S	D	C	T
W	V	R	O	O	T	W	A
E	A	G	D	I	S	W	B
E	T	Y	R	L	O	K	L
T	E	D	F	A	R	M	E

FUN FACTS

The potato was the first vegetable to be grown in outer space.

Although the orange variety is the most common in the US, sweet potatoes also come in white, yellow, pink and purple varieties.

Answers

E	M	R	A	F	D	E	T
L	K	O	L	R	Y	T	E
B	W	S	I	G	D	V	E
A	W	T	O	R	O	V	W
T	C	T	S	T	T	I	S
E	N	A	F	N	O	A	H
G	V	K	J	G	T	L	D
E	S	O	O	U	U	M	U
V	A	C	R	P	E	C	F