

# Potatoes Raise the Bar Stickers

Download the "I cleaned my plate with Potato Power!"

or

"I Have Potato Power!" sticker today!

**Nutrition:** Introduces the concept of "Potato Power." Potatoes can be a nutritious part of any meal. Potatoes provide the energy, carbohydrate, and potassium \* kids need to power performance through the school day.

**Reduce Plate Waste:** Help reduce plate waste with these fun and exciting stickers. Potatoes make for happy kids and clean plates. Research shows when potatoes are present at mealtime, kids eat more of other vegetables, too<sup>1</sup>. It has also shown that when potatoes are paired with popular entrees they produce the least plate waste by children<sup>2</sup>.

**Participation:** Create a "Potato Power Day" event to increase meal participation. Potatoes qualify as a reimbursable ¾ to 1 cup serving of vegetables required per day by the USDA's national school lunch programs. Potatoes are also a great option for the Afterschool Snacks in the Fresh Fruit and Vegetable Program. For educational material to assist your program, visit [PotatoesRaiseTheBar.com](http://PotatoesRaiseTheBar.com)

**Engagement:** These stickers are designed to bring foodservices, teachers, and parents together, to not only highlight potatoes direct impact on children's health, but also showcases food services nutritious impact on the community. Go to [PotatoesRaiseTheBar.com](http://PotatoesRaiseTheBar.com) for more great recipe ideas and classroom activities.

**Teacher & Community Engagement:** "Potato Power Day" can be an opportunity for a foodservice focused event to connect with classroom education. Teachers can use the games, coloring sheets, and educational materials on [PotatoesRaiseTheBar.com](http://PotatoesRaiseTheBar.com) to engage students. Teachers can even reach out to a local farmer to have an in school learning experience with the farmers coming directly to the school to show case the power of potatoes.

All stickers are free to print from our website. All we ask are that photos are sent to [Rachael@PotatoesUSA.com](mailto:Rachael@PotatoesUSA.com) so we can share the your potato story with others.

**To print:** Purchase Avery 22830® Easy Peel® Inkjet/Laser Glossy White Round Labels, 2 1/2" Diameter. Or copy the logo to use at your local print shop.

\* Potatoes contains 10 percent of the daily value with skin on the potato.

<sup>1</sup> Drewnowski A., Rehm C., Beals K., White Potatoes, Non-Fried, Do No Displace Other Vegetables in Meals Consumed by American Children and Adolescents (14-18 years). FASEB 11.

<sup>2</sup> Ishdorj A, Capps O Jr, Storey M, Murano PS. Investigating the relationship between food pairings and plate from elementary school lunches. Food Nutr Sci 2015; 6:1029-1044.

