



February is

Sweet Potato Month

and now schools have a chance to show “How Will You Be Sweet?”

In salute to our nutritious state vegetable, the NC SweetPotato Commission is sponsoring a promotion contest for NC schools.

Guidelines:

- Promote sweet potatoes in the cafeteria and/or classroom in February using the theme “How Will You Be Sweet?”
- Information about sweet potatoes is available on the NC SweetPotato website, www.ncsweetpotatoes.com/.
- Put together a portfolio describing promotional and educational efforts (including pictures) about sweet potatoes that occurred in your school/cafeteria in February. Include the registration form.
- Send items to Heather Barnes, NCDA&CS, 1020 Mail Service Center, Raleigh, NC 27699-1020 or heather.barnes@ncagr.gov. All items are due by 5:00 p.m. on **Friday, March 9, 2018**.

Prizes:

Winners will be recognized by the NC SweetPotato Commission and NC Farm to School.

1st place \$250

2nd place \$150

3rd place \$100

For more information contact Heather Barnes at heather.barnes@ncagr.gov or 919-707-3127.



Thank you for your interest in the Sweet Potato Month contest sponsored by the NC SweetPotato Commission. Please return this form with your entry. All entries are due by 5:00 p.m. on Friday, March 9, 2018.

Contact Name: _____

School Name: _____

School District: _____

Email : _____

Phone: _____

Mailing Address: _____

City: _____ Zip: _____

Entries should be mailed to Heather Barnes, 1020 Mail Service Center, Raleigh, NC 27699-1020 or emailed to heather.barnes@ncagr.gov.



Celebrate Sweet Potato Month

February is National Sweet Potato Month. Here are just a few ideas of ways you can celebrate this nutritious vegetable in your school.

Child Nutrition Directors

- Order sweet potatoes from the NC Farm to School program or your produce distributor
- Make an edible display featuring sweet potatoes
- Invite local media (radio, TV and print) to tour the cafeteria and eat lunch when serving sweet potatoes
- Host a day for parents to eat lunch with their kids when sweet potatoes are being served
- Invite the PTA, school board and superintendent to eat lunch featuring sweet potatoes
- Make a presentation about serving local food in your district at the next PTA or School board meeting
- Put up bulletin boards promoting NC sweet potatoes served through the School Nutrition program
- Hold a nutrition fair for school students
- Ask principals to announce daily facts from the NC Farm to School calendar over the intercom
- Include NC Farm to School logo on menus

School Cafeteria Staff

- Visit a local sweet potato farm for staff development
- Invite a sweet potato farmer to meet the staff
- Hold a taste testing of different sweet potato varieties/recipes
- Give a cooking demonstration using sweet potatoes

Teachers

- Incorporate NC Farm to School calendar facts into lessons
- Invite a local sweet potato farmer to make a class presentation
- Arrange with the cafeteria manager to take students on a tour of the school cafeteria
- Visit a local sweet potato farmer. Find one at www.visitncfarms.com.
- Have a coloring/poster contest and ask students to include sweet potatoes in their artwork
- Become pen pals with a sweet potato farmer
- Start an outdoor garden with sweet potatoes as an educational activity