

# We are celebrating Potatoes!

Potatoes are a great source of potassium and vitamins B6 and C.

Leave the skin on for added fiber!



- There are lots of ways to enjoy potatoes!
- For instance, they make yummy dippers.
- Try dipping **Food Hero's Potato Wedges** in ketchup or **Food Hero Ranch Dressing** for a healthy side dish. What other vegetables can you think of to dip?



Visit [FoodHero](https://www.foodhero.org) to find these recipes and many more healthy, tasty recipes that fit your budget!

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