

If you
can bake a
potato...

...you can
make a
meal!



A practical guide to baking
potatoes – how to impart skills
and foster personal responsibility.

Our vision...

The potato industry has a vision that they would like every New Zealand child to have the skill to bake a potato. We believe if **'a child can bake a potato – they can make a meal!'**

We have based this programme on the philosophy that 'if you give a man a fish, you feed him for lunch. If you teach a man to fish, you feed him for a lifetime.'

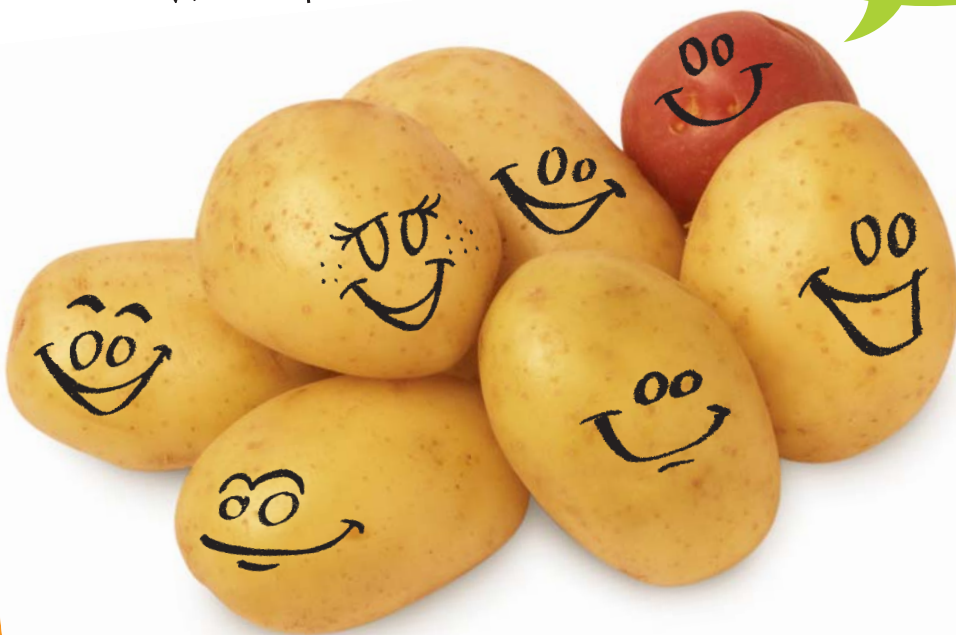
We ask you to join us in imparting the skill to bake a potato. By teaching a child to bake a potato, they will have a skill to feed themselves for their lifetime.

This is a practical and achievable way to encourage simple healthy food choices. Wouldn't it be fantastic if all our children knew that **'a full tummy is only one potato away?'**

With your support we can make a difference.

www.potatoes.co.nz

A full tummy
is only one
potato away.



Count me in...



For good health it is essential to eat 5+ A Day (five or more servings of fresh fruit and vegetables each day). Bake, boil, or mash me as a great way to get one serving towards your 5+ A Day target. Remember, a serving is about a handful.

everything goes with potatoes.co.nz

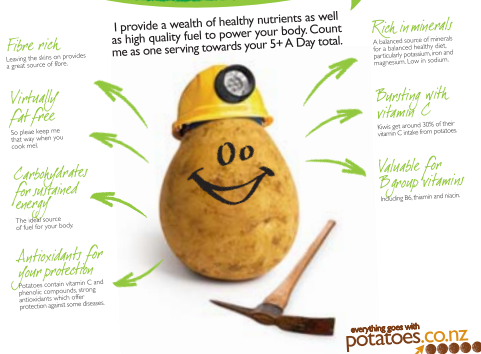
I'm a multi-award winner.



Did you know I am so special that I have been awarded The Heart Foundation tick of approval? Don't you just love the amazingly beautiful tick that I can wear? So please do your best and use me in ways that keep me healthy - be sure to use recipes that don't add too much fat or salt.

everything goes with potatoes.co.nz

I'm a nutritional goldmine.



I provide a wealth of healthy nutrients as well as high quality fuel to power your body. Count me as one serving towards your 5+A Day total.

Fibre rich
Loving the skin on provides a great source of fibre.

Virtually fat free
So please keep me that way when you cook me!

Carbohydrates for sustained energy
The ultimate fuel for your body.

Antioxidants for your protection
Lutein, carotenoids, vitamin C and phenolic compounds among antioxidants, which offer protection against some diseases.

Rich in minerals
A balanced source of minerals for a balanced healthy diet, particularly potassium, iron and magnesium. Low in sodium.

Bursting with vitamin C
Kiwis get around 30% of their vitamin C intake from potatoes.

Valuable for B group vitamins
Including B6, thiamin and niacin.

everything goes with potatoes.co.nz

More about me!



I have lots more potato messages. Download me at

www.potatoes.co.nz

Why potatoes?

Potatoes have many redeeming features. This strategy is a fantastic opportunity to establish good eating habits by encouraging the consumption of a food which is...

- easy to prepare
- nutritious
- readily available
- economically attainable
- a taste widely enjoyed
- locally grown
- environmentally sustainable
- an integral part of our culture

Keep it simple...

Whilst you could do all sorts of elaborate baked potato flavour combinations, the purpose of this strategy is to take a potato and turn it into a complete meal with the maximum taste and nutrition with a minimum of fuss and expense.

Above all we want to give a positive potato experience that will motivate and inspire repetition which will lead to long term nurturing and nourishing the child and their family.

Calling all grandparents!

We are asking all grandparents to take the time to teach their grandchildren to bake potatoes ... we want to keep the Kiwi potato eating tradition alive because it brings so many benefits to everyone. **Visit our website for more information.**

Teach your grandchildren to bake a potato!



The practical experience...

Bake a potato, make a meal!

In the oven
Pierce the skin. A medium sized potato bakes to perfection in about 60 minutes at 200°C.

In the microwave
Each medium sized potato takes about 3 - 4 minutes to cook on high power. So two potatoes will take 6 - 8 minutes, three will take 9 - 12 minutes. Microwaving is perfect if you are cooking for one or two people.

a baked potato



baked beans
(or cream style corn)



a yummy meal, full of goodness



Simply heat and eat

Put baked beans or cream style corn in a saucepan: stir while heating gently until hot. Or in the microwave: pour into a bowl and heat on high power for 1 minute, stir and then heat again for another 1 minute.

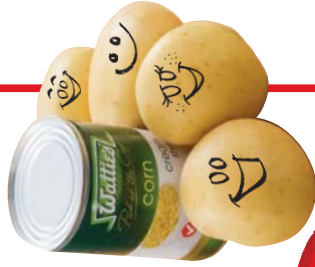
hottip

for best results use a potato labelled as suitable for 'baking'. They will be soft and fluffy when cooked.

Top it off!

For a delicious topping simply pour a can of beans or cream style corn over your baked potato.

One can is enough to top around four potatoes.



Did you know?

Baked potato with baked beans or cream style corn is an excellent source of fibre and is almost 98% fat free... **better still, they taste terrific together!**

teaching tips

If you are teaching a large group to bake potatoes and don't have an oven in your classroom you can cook them in advance and keep them warm for at least a couple of hours.

Load up to 60 potatoes in an oven. Increase the cooking time to 1 hour 15 minutes because it will take longer to bring all up to temperature. Remove from the oven and wrap the whole tray in tin foil. Wrap this in a large towel.

Many teachers have found that it is feasible to bake potatoes at home before school, wrap them well in foil then towels and they will still be nice and warm for a mid-late morning lesson. (If you can pack the wrapped potatoes into an insulated chilli bin they will keep even hotter).

Similarly, if you are limited by only one oven you can easily cook two batches and feed 120 children for a lunch event.

Remember we are trying to retain as much of the nutritional advantage of potatoes as possible so if you do decide to add toppings like grated cheese or sour cream - make sure you are sparing. We suggest that you give them the potato experience without the additional toppings the first time.

Potatoes on a campfire

Pierce each potato and wrap in triple thickness tin foil. Your campfire needs to be well established. Place the potatoes in hot embers. Medium sized potatoes will take around 45 minutes to cook. Using long tongs, turn them a few times during cooking. You can tell they are cooked when they are soft.

To heat a can on an open fire, partially open the can (**this is VERY important**) and place in the edge of the embers - you will see it boiling in about 3 - 5 minutes.

Serve your potato topped with the heated beans or corn. Scrummy!



Be safe

• Check there is no fire burn in your area.
• Be safe - never leave a fire unattended and make sure an adult is always present.

potatoes in a hangi or umu

Potatoes cook brilliantly by a combination of steaming and baking in a hangi or umu. Serve with traditional food or top with heated beans or corn.

Extension activities...

Baked stuffed potatoes

For a baked stuffed potato, cut a baked potato in half, scoop out the flesh, mash it with a little milk and then mix in a can of beans or creamed corn. One can is enough for four potatoes. Pile back into the potato skins.

hottip

If you want a crunchy topping add a little grated cheese and grill until it melts.



Potato burger
Cut a baked potato in half - fill with favourite burger fillings!



hot tip
perfect for school camps

Potato volcanoes

Younger children love potato volcanoes - cut a deep cross in each potato and all at the same time with your fingers and thumbs at the base of the potato, push it hard so that all of the flesh erupts!

Pour over our hot lava (cream style corn or beans)



The take home messages...

- I can bake a potato, so I can make a meal.
- When I am hungry I can bake a potato and fill my tummy.
- I know potatoes taste fantastic.
- Potatoes are great for me because they have lots of fibre, Vitamin C and they give me energy without fat. They will fill me up.
- Potatoes are good for the planet – they are really efficient plants and use much less water than other crops.
- Potatoes give me more nutrition per unit of land, water and money than any other major staple crop.

We are here to help...

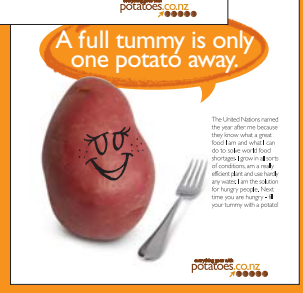
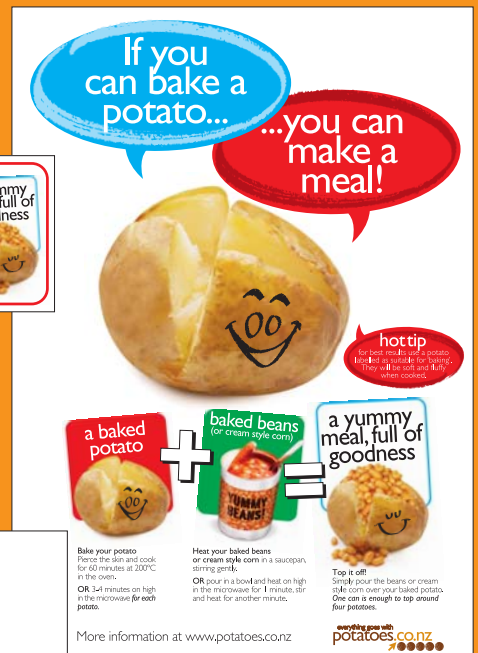
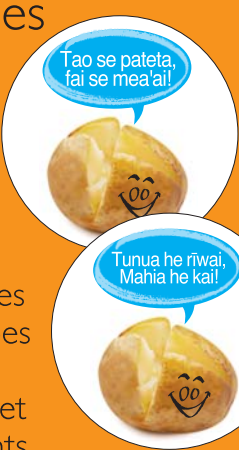
We have produced FREE resources in **English, Maori and Samoan** which will help you 'spread the baked potato word'

● printed resources

- posters
- leaflets
- stickers

● downloadable fact sheets

- How to bake potatoes
- How to grow potatoes
- Nutrition fact sheet
- Sustainability fact sheet
- Calling all grandparents



To order and download material select 'resources' on our web site

Horticulture New Zealand
P O Box 10232 Wellington 6143
Ph 64 4 472 3795 www.hortnz.co.nz

everything goes with
potatoes.co.nz