Did You Know?

Sweet potatoes are one of the healthiest vegetables you can eat. They are an excellent source of vitamins A and C, potassium and fiber. Sweet potatoes are simple to prepare – just wash, then boil or bake until tender!

The Kansas Food Assistance Program promotes good health by providing extra grocery money to eligible people of all ages. For more information, please call the toll free number below.

SRS Service Center 1-888-369-4777

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