

February 2021 Newsletter



made with love 

Georgia
Nutritional
Services, Inc

START SIMPLE

Are you looking for fun ways to teach kids about healthy eating? Use grocery shopping bingo to teach kids about food and nutrition. Please see the link below for access to printouts.



[My Plate Grocery Shopping Bingo](#)

COVID 19 RESOURCES

Is your center interested in providing bulk meals for Grab and Go? USDA And The Food Nutrition Services Department has outlined ways CACFP sites may package bulk meals for families in need.

[Click Here for More Information!](#)

Celebrating

BLACK HISTORY MONTH

Hop on a bus to join [Civil Rights Tours](#) through the city's historic sites as a friendly tour guide teaches you about how Atlanta became the nation's capital for African-American history. Or take a [self-guided tour](#) with our own suggested points of interests.





Harvest of the Month™



Broccoli

Broccoli Grilled Cheese



Ingredients

- 2 big stalks broccoli, chopped
- 2 tablespoons olive oil
- Salt and pepper
- 6-8 ounces cheddar cheese
- 8 slices sandwich or sourdough bread
- Unsalted butter, for cooking

- 1) Preheat oven to 450 degrees F. Cut florets off of broccoli stalks and spread out on a baking sheet.
- 2) Drizzle with olive oil and season with salt and pepper.
- 2) Roast veggies until they are charred on the edges, about 15 minutes.
- 3) After veggies roast, roughly chop them and stir together with cheddar cheese
- 4) Heat a sturdy skillet over medium heat and lightly butter your bread slices. Place the slices butter-side down on the skillet and pile on some of the broccoli mixture.
- 5) Cover with a second piece of bread, butter-side up. Cook the sandwich until the bread is toasted and the cheese is very melted, about 5 minutes per side.