



THANK YOU!

For Attending
FY21 Annual Training.
And for
All You Do!



GNSI Fall Holiday Hours:

- November 25, 2020- Half Day Close at 12:00 p.m.
- November 26, 2020- **CLOSED**
- November 27, 2020- **CLOSED**

****Please inform GNSI of any closings due to holidays.**

NEWS AND REMINDERS

-Civil Rights DUE **November 30, 2020**
Agenda and Sign in Sheet **REQUIRED**

-**Effective Immediately**, all meal counts are required to have Attendance boxes checked for children receiving meals.

-Beginning **November 16, 2020**, all licensed Georgia child-care providers may apply for a second round of (STABLE) payments from the Georgia Department of Early Care and Learning (DECAL)



Harvest of the Month™

Sweet Potatoes



Sweet potatoes are a root vegetable, with a sweet taste packed with nutrition! Try them in sweet and savory dishes all year long.

USES AND TIPS

Select sweet potatoes that are firm, with smooth skin and free from cracks or bruises. Store sweet potatoes in a cool, dry place; do not refrigerate.

Sweet potatoes are very versatile. Try them baked, roasted or mashed for a healthy side dish. Substitute sweet potatoes for white potatoes in hash browns or potato salad, or bake sweet potatoes into muffins or pies.

- Sweet potatoes are in season in Georgia from August through November.
- Sweet potatoes are a warm-weather vegetable that need a long growing season; they grow well in Georgia!
- Sweet potatoes are ready to harvest about 90-120 days after planting.
- Sweet potatoes grow from "slips", which are plants that are produced from the roots of previous crops.

Georgia Department of Education School Nutrition Program



This institution is an equal opportunity provider.



Harvest of the Month™

Sweet Potato Fries



Sweet potatoes are delicious any which way you please, but these spicy baked sweet potato chips are a real winner. Tossed in a spicy almond meal coating, and served with a yogurt dipping sauce, they're a tasty and nutritious side dish or snack.

Ingredients

- 400 g sweet potato
- 1/2 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1 tsp sea salt
- 1 tbs olive oil

Dipping sauce

- 1/2 cup natural Greek yogurt
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 2 tsp maple syrup

1. Preheat oven to 230°C (210°C fan-forced). Scrub sweet potato and cut into 1cm chips. Cover with water and soak for 10 minutes. Drain well and pat dry

2. Combine almond meal with spices and salt. Toss sweet potato in olive oil and then almond meal mixture.

3. Place on a tray lined with baking paper. Bake for 25-30 minutes, turning 1-2 times to ensure all sides are golden.



Harvest of the Month™



Spicy Sweet Potato Dip



Ingredients

- 2 large sweet potatoes (about 1.7 pounds)
- 2 canned chipotle peppers in adobo sauce
- 2 tablespoons fresh squeezed lime juice
- 2 tablespoons salsa
- 1/4 cup (2 ounces) shredded pepper jack cheese

Directions

Pierce the sweet potato skin five or six times. Place on a microwave-safe plate and microwave on high for 5-8 minutes or until potato is tender, rotating halfway through.

Remove flesh from sweet potato. Discard skin.

Combine sweet potato, chipotle pepper and salsa in a food processor or blender and process until smooth. Spoon mixture into a serving bowl and top with shredded cheese. Serve with whole-wheat pita chips.