

OCTOBER 2020



NEWS & EVENTS



GNSI'S GIVING BOOK DRIVE

October 3, 2020

10am – 2pm

883 Commerce Drive SW

Conyers GA, 30094

Have you registered for Annual Training?

Save
the
Date

Day Care Homes Training

October 17, 2020

Child and Adult Centers Training

October 24, 2020

If you have not registered,
Please contact your GNSI consultant for registration details.

SUPPORT

Did you know you can support Georgia Nutritional Services for free through Amazon? Select Georgia Nutritional Services as your charity organization today and shop through smile.amazon.com. We are extremely grateful for your support!



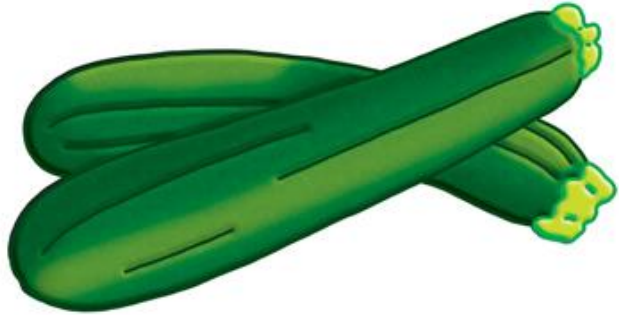
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Harvest of the Month™



Zucchini

BAKED ZUCCHINI FRIES



INGREDIENTS

- 3 medium zucchini sliced into 3" x 1/2" sticks
- 1 large egg white
- 1/3 cup seasoned bread crumbs
- 2 tbsp Parmesan Cheese
- cooking spray
- 1/4 tsp garlic powder
- salt
- fresh pepper

INSTRUCTIONS

1. Preheat oven to 425°.
2. In a small bowl, beat egg whites and season with salt and pepper. In a ziplock bag, place breadcrumbs, garlic powder and cheese and shake well. Spray cookie sheet with cooking spray and set aside.
3. Dip zucchini sticks into eggs then into bread crumb and cheese mixture, a few at a time and shake to coat. Place the breaded zucchini in a single layer and spray more cooking spray on top. Bake at 425° for about 20-25 minutes, or until golden brown. Serve with 1/2 cup marinara sauce for dipping (.5 pt)