January 2023

Huge success towards the
GANSI GIVERS
Holiday Food Box Giveaway
on December 21, 2022
We distributed 50 boxes to families in need. Thanks to everyone who donated, shared, and volunteered to make this event a success.
From the bottom of our hearts,
Thank you and Happy Holidays.

Georgia Nutritional Services, Inc

Daycare Home SPOTLIGHT

Mattie Matthews
in Jonesboro, GA won the $1,500 Farm To Early Care and Education (ECE) Mini Grant through BFTS.

Harvest of the Month™

Mixed Greens

KID-FRIENDLY GREEN SPINACH SMOOTHIE INGREDIENTS

- 2 cups baby spinach (or about two big handfuls)
- 1/4 – 1/2 cup water/orange juice/yogurt
- 1/2 cup frozen strawberries
- 1/2 cup frozen peaches

Instructions

Step 1

Blend the spinach and the liquid until it is frothy (and bright green!)

Step 2

Then, add the fruits and blend until smooth

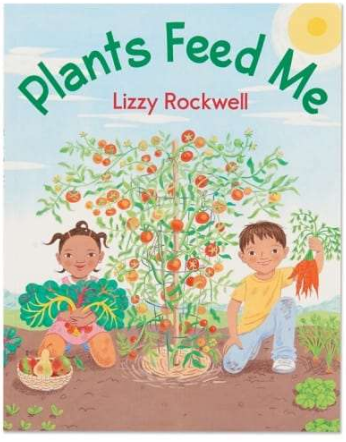
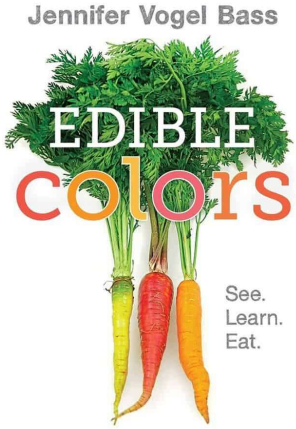
***Other options for greens:**

kale, chard, romaine

Other options for fruits:

mango, pear, banana, pineapple

https://kidsactivitiesblog.com/220/green-smoothies/

READING CORNER

Check out these great books featuring our Harvest of the Month!