



April Showers Bring May Flowers

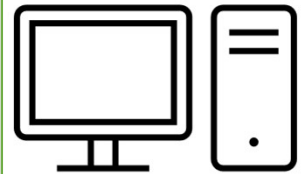


Georgia
Nutritional
Services, Inc



To claim meals for reimbursements, all sign in and out sheets must have a parent/guardian signature. Sign in and out times should coincide with meals claimed.

The current Income Eligibility Statement (IES) dated 12/2022 is now available in Minute Menu. To print, go to "Reports >> Children >> Blank Child Enrollment Form >> English." **NOTE:** Do NOT print the IES form from the participant's profile ("Print Enrollment") to avoid pre-printed outdated/unverified information.



Happy Helpings
Summer Food Service Program is starting, please send all inquiries to sfsp@gansi.org



Georgia SOS Annual Registration is due. Email SOS to your consultant by 4/30/2023.

TRAINING



GANSI refresher training will be held on **Wednesday, May 31st.**

In the coming months, trainings will be held to move to the new **Minute Menu platform.**



Harvest of the Month™



Blueberries

Blueberries may be small, but they are packed with nutrition! This sweet and delicious fruit makes a great snack or addition to recipes. Purchase local blueberries in season and freeze for use year-round.

USES AND TIPS

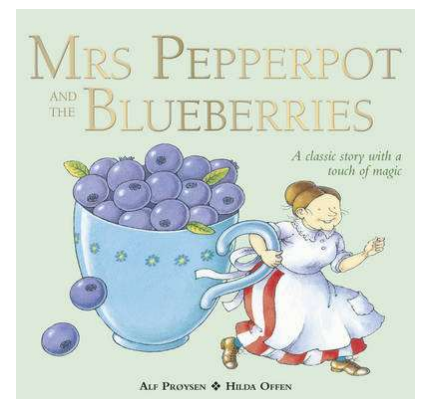
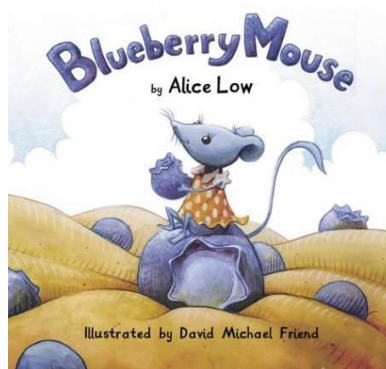
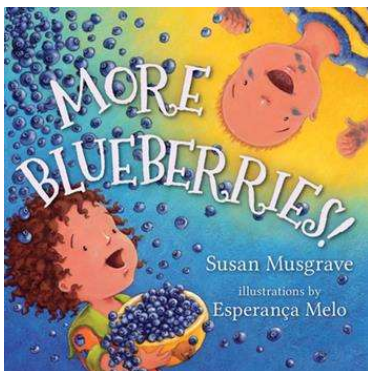
Select blueberries that are firm, plump, with a dusty blue color. Avoid soft, shriveled fruit with signs of mold. Refrigerate and use within 10-14 days. Wash when ready to use. Blueberries are great on cold and hot cereals, or added to pancakes, waffles and muffins. Add blueberries to a green salad with strawberries and a light vinaigrette. Try blueberries in a yogurt parfait or smoothie.



READING

CORNER

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



Sheet Pan Blueberry Pancakes

Feeding a big bunch? Let us introduce you to our Sheet Pan Blueberry Pancakes – the new easiest way to crank out a big order of ‘cakes, without compromising on taste. Serve with maple syrup following a few moments of cooling. Sweet, sweet breakfast victory.



Preparation:

1. Preheat oven to 425° F. Grease 13- x 9-inch baking sheet with 2 tbsp oil; set aside.
2. In large bowl, whisk together flour, sugar, baking powder, baking soda and salt.
3. In separate bowl, whisk together buttermilk, eggs and lemon zest; stir in remaining oil. Whisk buttermilk mixture into flour mixture just until combined (do not overmix; a few lumps are OK). Let stand for 10 minutes.
4. Pour batter into prepared pan. Sprinkle 1 cup blueberries over top; bake for 10 to 12 minutes or until toothpick inserted in center comes out clean. Cut and serve pancakes with remaining blueberries and maple syrup.

Ingredients:

- 1/4 cup canola oil, divided
- 1 1/2 cups all-purpose flour
- 2 tbsp granulated sugar
- 2 tsp baking powder
- 1 tsp baking soda
- 1/4 tsp salt
- 1 1/3 cups buttermilk
- 2 eggs
- 1 tsp lemon zest
- 2 cups fresh blueberries, divided
- Maple syrup