



FEBRUARY

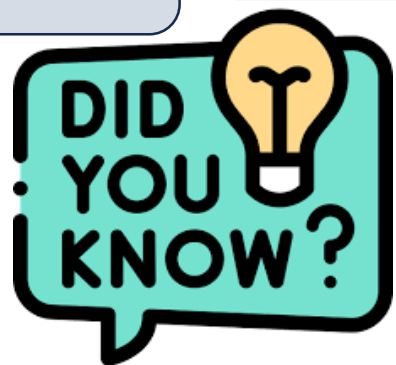
2024



W E L C O M E

Ascension Kids
Building Youth Careers
Hope Learning Academy
Kiddie Academy of Dacula
Little Kings and Queens CDC
Truly Blessed

Banking and Receipts
Bank statements and corresponding receipts for the month must be submitted with your claim. When purchasing with a vendor (Pure Fun, Sysco, Milk&More, etc.) Paid In Full statements/paid invoices/checks should be submitted as well.



When serving canned fruits, purchase fruit canned in 100% fruit juice or water rather than syrup.

GANSI does not provide 1099 tax documents. However, centers can retrieve tax reports in KidKare via....
[Reports>Checkbook>Tax Summary>Select Year](#)

3rd submission claims due by the **15th** of the next month.

GANSI Spotlights

★ happy ★
workiversary



Christine Gillison

3 years



Fun Fact about me:
I enjoy all types of vegetables except for peas. I refuse to eat them, and ironically, my daughter loves peas.

POWERFUL WORDS TO USE DURING MEALTIME

"Good job trying a new food!"

"Wow! Did you notice everybody likes different foods on their plate?"

"What vegetable would you like to eat tomorrow?"

REFUSING FOOD? TRY THESE NEUTRAL PHRASES

"We can try this fruit together again another time."

"Next time, would you like to try your potatoes soft and smooth like mashed potatoes instead of roasted in pieces?"

"When you are ready, you can give it a try."

TIPS TO REMEMBER WHILE YOU PRACTICE YOUR NEW POWER LANGUAGE

- As a parent or caregiver, you decide what, when, and where the child eats; the child decides if and how much they will eat.
- Introduce new foods with current favorites – this may help acceptance.
- Small children don't eat a lot of food at a time, so they do not need to eat a certain amount at each sitting.
- Add 1-2 tablespoons of each food at the table on your child's plate. Follow their lead, if your child eats a food, offer more - one tablespoon at a time.
- Because they eat small amounts at a time, make every bite count with healthy choices.

pork
checkoff

fresh avocados
LOVE
ONE TODAY
nutrient-dense • heart-healthy

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Harvest of the Month™



Cruciferous Vegetables
Cabbage, Broccoli, Cauliflower

Cruciferous Vegetables

BELOW ARE SOME KID FRIENDLY WAYS TO INCORPORATE VEGETABLES DURING MEAL SERVICE. HOW DO YOU INCORPORATE VEGETABLES AT YOUR CENTER? SEND US YOUR FUN AND CREATIVE WAYS OF SERVING VEGGIES.



READING CORNER



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

