

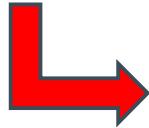
HAPPY NEW YEAR

2025



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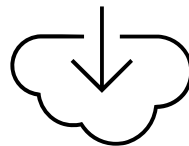
**GANSI Holiday Closure:**  
January 1<sup>st</sup>, 2025 (New Years Day)  
January 20<sup>th</sup>, 2025 (Martin Luther King  
Jr. Day)



Will you be closed in  
January 2025? Please  
email closure forms to  
[nutritionrocks@gansi.org](mailto:nutritionrocks@gansi.org)

REMINDER

2025 DECAL Licenses are **DUE**.  
Before going into the New Year, to  
meet all Bright From The Start  
Eligibility Requirements, please  
ensure DECAL licenses are sent in by  
**December 31, 2024**



Failure to supply all documents  
could possibly cause a  
disallowance in meals or a delay  
in reimbursement.



From our GANSI family to yours,  
HAPPY NEW YEARS!  
May your heart be a fountain of love and  
your life a garden of happiness.

**GANSI Givers Shop with a Cop Event  
on Saturday, December 21<sup>st</sup>, 2024.  
WAY TO GO GANSI GIVERS!**



welcome  
A B O A R D

**Angelina Cesenas Gillison**

**Fun Facts about Angelina**

- 1. She's into visual arts and was a part of Visual Arts Academy**
- 2. Favorite color is brown**



# 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:

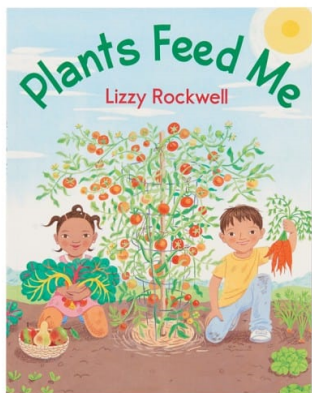
mango, pear, banana, pineapple



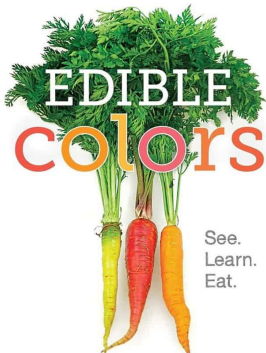
## READING CORNER



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



Jennifer Vogel Bass



See.  
Learn.  
Eat.



# January



## Learn It

### Building Bones? Think Calcium.

In the learning circle, discuss how calcium plays a major role in keeping your bones strong, including your teeth. Using the cutouts found at [cacfp.org](http://cacfp.org), play the Moo Game! Cut out the white "moo-staches" and glue each of them onto a straw. Give one to each child. Print pictures of food or use food models, showing them one at a time to the group. If they think the food has calcium in it, they will bring the moo-stache under their nose and say, "moo." Some foods rich in calcium are yogurt, cheese, cow's milk, soy milk and collard greens.

## Eat It Apple Sail Boats

Apples, halved and core removed

Ready-to-eat breakfast cereal

Sunflower seed butter

Cheese block, cut into triangle wedges



Serve each child  $\frac{1}{2}$  an apple, 1 tablespoon of sunflower seed butter ( $\frac{1}{2}$  oz eq), 1 cheese wedge, and breakfast cereal ( $\frac{1}{2}$  oz eq). Have children build their apple boat by spreading the seed butter with a butter knife on the flat side of the apple. Add the wedge on top of the seed butter for the sail, and then sprinkle cereal on the sunflower seed butter.



## Create It Sturdy Bridges



The construction engineers in your care are going to build their own bridge! Collect an assortment of building materials such as wooden blocks, heavy paper, craft sticks, paint stir sticks and cups. Working together or individually, experiment to see if they can make a bridge. Is it sturdy enough to hold an object?



## Play It

### Construction Simon Says

Using the traditional rules of Simon Says, ask one student to be Simon while the others follow. Simon must use construction instructions, though! Scoop, spin, push, tip, dig, and stretch are some examples. What other construction motions can your team can think of?

## Fun Fact

Milk is a global drink with over 6 billion people around the world drinking milk products.



## Read It

*My Magical Foods - Get Picky Eaters to Choose Veggies and Fruits!* by Becky Cummings (Author) and Zuzana Svobodova (Illustrator)

*I Can Be Anything! Don't Tell Me I Can't* by Diane Dillon

*Boxitects* by Kim Smith

## Laugh About It

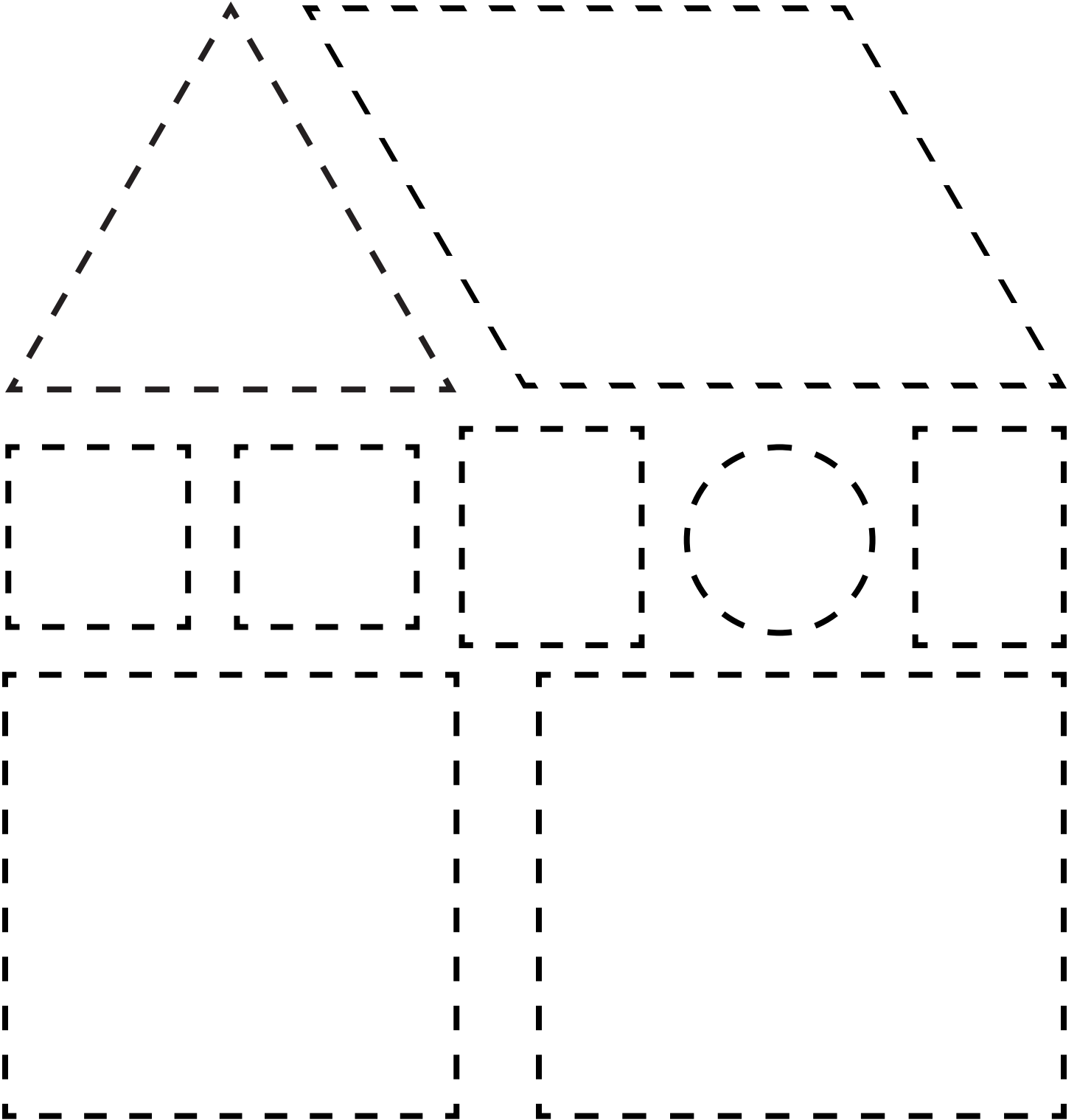
What bird loves construction? A crane.



Name \_\_\_\_\_

# Build a House

Cut out the shapes and color them in. Then, glue the pieces on a sheet of paper to build your house.



# Moo Game

Cut out the moo-staches and glue each one onto a straw. Give each child a moo-stache. Show them images of food items. If they think the food has calcium in it, they bring the moo-stach right under their nose and say, "moo!"

