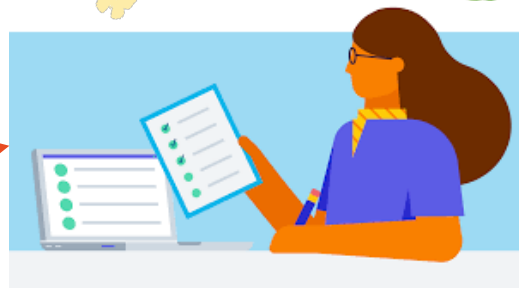


hello MARCH



Ensure your meal counts recorded in KidKare are reconciled with your Weekly Attendance & Meal Count Sheet. **Run the *Monthly Claimed Meal Count by Age Group Report* to confirm totals.**

SOS Annual Registration is due. Please send in SOS no later than **3/31/2025**.



Have you received a corrective action? Did you know the third corrective action with the same finding will put the center in Serious Management? Please ensure the center is following the corrective action plan to avoid serious deficient and termination.

Meals are disallowed if a child was not signed in for the day, but were marked for meals on Weekly Attendance & Meal Count Sheet.

DID YOU KNOW?

Serving over **4.5 million children and adults** healthy meals and snacks daily.
www.CACFPWeek.org



National CACFP Week is March 16-22, 2025

CACFP Week is a national educational and information campaign sponsored annually by the National CACFP Sponsors Association designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger. The CACFP brings healthy foods to tables across the country for children in child care centers, homes and afterschool, as well as for adults in day care.



GANSI Spotlights



Ms. Wilson 3/12



Jacques Baya 3/13



Janice Mesidor 3/14



Peter Lee 3/18



Carmichael James 3/20



Peter Lee
11 years



Carmichael, Brenda & Jacques
2 years





Harvest of the Month™

Georgia Nutritional Services, Inc

Root Vegetables

In lieu of CACFP Week March 16th-22nd; and CACFP Resources "Trying New Foods" check out these fun recipe's which are also featured on the GANSI menu.

BLUEBERRY LEMON PARFAIT Georgia Nutritional Services, Inc

Ingredients: CACFP creditable Lemon yogurt, Blueberries, Graham crackers

****Make sure each child receives minimum 1/4 cup of yogurt and 1/2 cup of blueberries to make sure the component is creditable per the CACFP requirements.**

Broaden your pallet by introducing different texture combinations with your bright flavors. The sour and sweet tastes of the lemon yogurt paired with the sweet blueberries and crunchy graham cracker introduces an experience that can leave you speechless...from the fact you cannot stop taking more bites! Layering crumbled graham crackers on the bottom, lemon yogurt in the middle, and fresh blueberries on top will give you the best results, being both appealing to your eyes and to your stomach.

Food for Thought: Blueberries are one of the few produces native to North America. Blueberries are often referred to as "Santalberries" due to the shape of the calyx having 5 pointed ends.

HAPPY SUNRISE SMOOTHIE Georgia Nutritional Services, Inc

Ingredients: Pineapple Juice, Frozen pineapple, Plain yogurt

****Make sure each child receives minimum 1/4 or 1/2 cup of pineapple and yogurt to make sure the component is creditable per the CACFP requirements.**

With summer coming around soon, I am sure you have been looking for tasty and easy ways to stay hydrated. Take a look at some sunshine in a cup that can help with that! With only 3 ingredients needed, how can you pass this up? All you need is 2 cups of yogurt and pineapple juice blended with 16oz of frozen pineapple chunks. Serve right away as a frozen treat, or let sit for a few minutes for a refreshing drink. (This recipe provides 8 servings for ages 1-5, please alter measurements as needed.)

Food for Thought: Pineapple contains copious amounts of vitamin C, which aids in strengthening the immune system.

WATERMELON JICAMA SALAD Georgia Nutritional Services, Inc

Ingredients: Watermelon, Lime juice and zest, olive oil, salt, Jicama

****Make sure each child receives minimum 1/2 cup of watermelon and 1/2 cup of Jicama to make sure the snack is creditable per the CACFP requirements.**

Create an adventure towards refreshing and diverse experiences by serving this simple snack. After properly preparing your watermelon and jicama by removing the outer rind, cube the components into bite size pieces. Once you have mixed together the watermelon and Jicama, you can take you lime juice, lime zest, olive oil, salt, and your choice of basil and/or mint leaf to season the dish to taste. This salty, sweet, and colorful plate will create an outlet for curiosity of new foods.

Food for thought: Jicama is a root vegetable and a part of the bean family native to Mexico and the Central Americas

CHILI LIME COD Georgia Nutritional Services, Inc

Ingredients: Cod Fillet, avocado oil, chili powder, lime juice/zest, garlic, paprika, dried oregano, sea salt, and any other seasonings to taste.

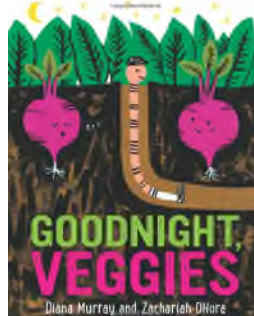
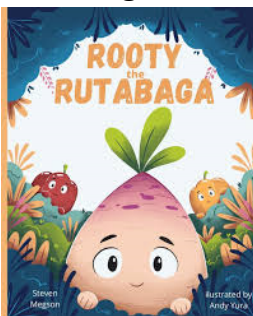
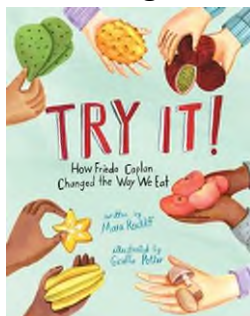
****Make sure each child receives minimum 1/4 or 1/2 oz equivalent of cod to make sure the component is creditable per the CACFP requirements.**

This mix of citrus and seafood will take you by the fins once you see how easy it is to achieve these dynamic flavors. It starts with creating your marinade consisting of avocado oil, lime juice and/or zest, chili powder, paprika, dried oregano, sea salt, fresh garlic and any other flavors that interest your pallet(for example, lemon pepper or Cajun). Coat your cod fillet and allow it to soak in the marinade for minimum 30 minutes in a refrigerated environment. Once your oven is preheated to 400 degrees, place your cod in the oven until the fish has an internal temperature of 145 degrees. Squeeze some fresh lime or lemon juice on top before serving. Your first bite will have you with no other words than "Oh My Cod!"

Food for Thought: Limes are rich in Vitamin C and fiber. Limes contain more acid and less sugar than lemons.

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

READING CORNER

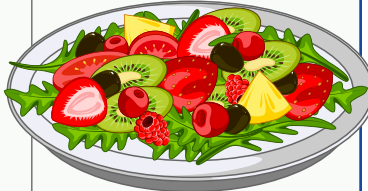
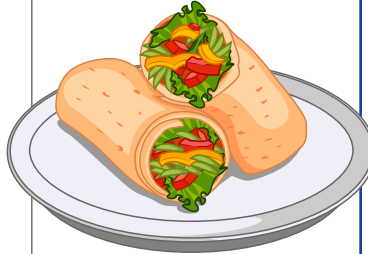
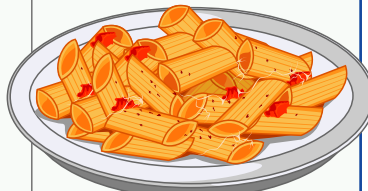




Trying New Foods

Making Classic Meals with New Ingredients

Replacing even one item in a classic meal with a new food can lead to fun, favorite recipes. Here are some ideas to get you started.

Classic Meals	Pick Your Favorite! Mix & Match			New Favorites
<p>Create a Special Salad</p>	<p>Vegetables Cucumber Zucchini Radish Carrot Broccoli Cherry Tomatoes Spinach Jicama Avocado Corn Beets</p>	<p>Meat/Meat Alternate Sliced Turkey Broiled Chicken Grilled Fish Natural Low-Fat Cheese Mozzarella Cheese Sliced Hard Boiled Egg Garbanzo Beans Low-Fat Cottage Cheese</p>	<p>Fruits Berries Cherries Mandarin Oranges Apples Mango Peaches Pears Oranges</p>	
<p>Superpower Your Sandwich</p>	<p>Grains Whole-Grain Bread Whole-Grain Tortilla Multi-Grain Bagel Whole-Wheat Pita</p>	<p>Meat/Meat Alternate Sliced Turkey Broiled Chicken Grilled Fish Natural Low-Fat Cheese Hummus Sliced Lean Beef Sliced Hard Boiled Egg</p>	<p>Vegetables Fresh or Grilled Onion Avocado Lettuce Spinach Cucumber Tomato Bell Peppers</p>	
<p>Pasta Extravaganza</p>	<p>Pasta Rotini Bowtie Spaghetti Orzo Rigatoni Penne Elbow Macaroni</p>	<p>Meat/Meat Alternate Baked or Grilled Chicken Baked or Grilled Fish Grilled Shrimp Turkey Breast Low-Fat Cheese</p>	<p>Stir-Fry / Steamed Vegetables Broccoli Carrot Zucchini Winter Squash Asparagus Peas / Snow Peas Tomatoes Corn Artichoke</p>	

Tips for Getting Kids to Try New Foods

- Involve children in the meal preparation.
- Build trying new foods into lesson plans.
- Pick new fruits and vegetables that are in season.
- Change how they eat, ie, chopsticks verses a fork.
- Make meals more colorful and fun.
- Keep it simple and be patient.