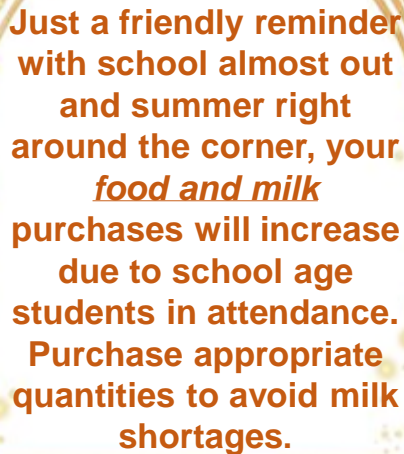


# HELLO May



## GANSI Closure Dates:

May 26, 2025 in observance  
of Memorial Day

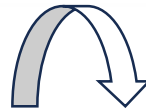
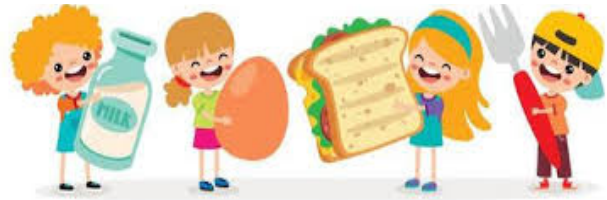


Just a friendly reminder  
with school almost out  
and summer right  
around the corner, your  
*food and milk*  
purchases will increase  
due to school age  
students in attendance.  
Purchase appropriate  
quantities to avoid milk  
shortages.



**Georgia Secretary Of State  
Annual Registration was due on  
4/30/2025.**

**Email SOS by 5/2/2025 if you  
haven't submitted to GANSI**



**\*\*Per Record Keeping Policy 18, all CACFP  
documents must be available upon request.  
To be in compliance, confirm your documents  
are up to date.**



## **Planning a field trip this summer or closing due to a holiday?**

Please notify us by completing a  
Field Trip & Closure Form and  
email [nutritionrocks@gansi.org](mailto:nutritionrocks@gansi.org)  
as soon as possible.

# Household Creditable Items

## Do's

(Pourable) Bleach  
Gloves  
Hair Nets  
Garbage Bags  
Garbage Cans  
Cooking Utensils  
Cooking Equipment  
Food Containers  
Dish Soap/Detergent  
Aluminum Foil  
Plastic Wrap  
Hand Soap (Sanitizing)  
Baby Bottles  
Bibs  
Dish Cloths/Sponges  
Mops/Brooms  
Kids Gardening Items\*  
Cooking School items\*  
Taste Test Items\*



## Dont's

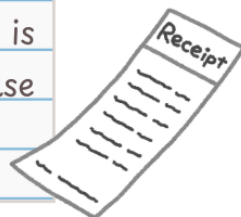
Spray Cleaners  
Sanitizing Wipes  
Floor Cleaner  
Toilet Tissue  
Facial Tissue  
Charcoal/Lighter Fluid  
Coffee Filters\*  
Bottled Water  
Laundry Detergent  
Aerosol Spray  
Baby Wipes  
Copy Paper  
Printer Ink

\*Submit Activity to have Sponsor verify purchase as creditable

\*Verify usage for serving CACFP foods with Sponsor

## Note:

All electrical equipment is required a small purchase form.



Georgia  
Nutritional  
Services, Inc

"What kind of future trainings would you like to see from GANSI?"  
Let's hear it!



# GANSI Spotlights

## Children's Mental Health Week (CMHW)

May 5 – 9, 2025

The Children's Mental Health Week themes are:

- Mindful Monday
- Talk It Out Tuesday
- Wellness Wednesday
- Thoughtful Thursday
- Feelings Friday



Georgia Nutritional Services, Inc would like to wish you a Happy Mother's Day. Whether you are past, present, soon to be, or a step-up mom. May your day be filled with love, joy and laughter.

## thinking of you



New mothers



Working mothers



Stay-at-home mothers



Mothers who have lost children



Those who have lost mothers



Single mothers



Those yearning to be mothers



Those with strained mother & child relationships



Those who have chosen not to be mothers

# HAPPY







# Harvest of the Month™

Georgia  
Nutritional  
Services, Inc.



## Blueberries

### Herry's Blueberry Lemon Parfait



#### Ingredients

- 1 cup lemon yogurt
- 2 cups blueberries
- 4 tablespoons crushed graham crackers

Make sure your yogurt is #CACFPCreditable!

#### Directions

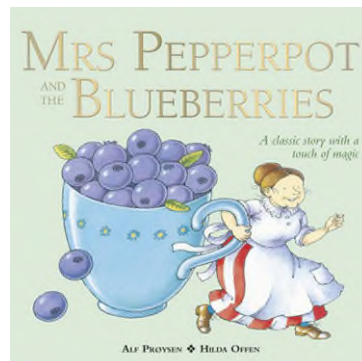
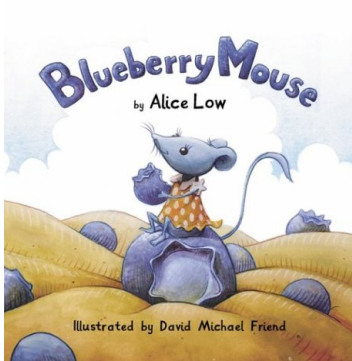
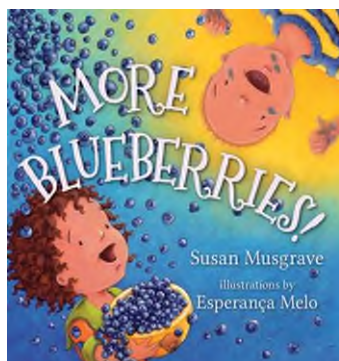
1. In each of four plastic cups, layer 1/4 cup yogurt, 1/2 cup blueberries, and 1 tablespoon graham crackers.
2. For a complete breakfast, serve one parfait to each child with 3/4 cup of milk.

READING  
CORNER  
↓ ↓ ↓ ↓ ↓



This recipe created in partnership with  
Sesame Street in Communities.

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



# Activities for Families with Young Children

Select movement activities to do as a family. Choose activities that work best for your child(ren)'s age, ability, and time you have available.

## Infants and Toddlers (0-24 months)

- Help your child to stretch their arms and legs.
- Encourage your child when you see them kicking their legs.
- Lay next to your child in "Happy Baby" yoga pose. See if they will reach for their toes.
- Spend some time outdoors with your child.
- Place your child on your chest as you lay down. They may lift their head to look at you which helps strengthen their neck muscles!



- Hold your child and dance to a song you both like.
- Mimic the moves your child does.
- Move a bright object slowly as your child's eyes follow it.
- Place your child on his or her tummy to reach a toy nearby.
- Sing "The Wheels on the Bus" and help your child to do the hand or body movements to the song.



- Extend your child's arms out to the side and see what they do next.
- If your child can sit up, lift them and then place them back into a sitting position. Repeat 5 times.
- Coo and make faces at your child and see if they start copying you.
- Roll a ball towards your mobile infant or toddler to see what they do next.
- Is your infant crawling, standing or taking steps yet? Encourage them at whatever stage they have reached.



Continued on Page 2 ➡

# Activities for Families with Young Children

## Toddlers, Preschoolers, and School-agers (2-8 years old)



- Spend some time doing your favorite movement outdoors.
- Complete 10 squats after lunch.
- How long can you hold a plank pose?
- Complete 20 arm circles!
- Hold a Yogi squat pose for 15 seconds. Repeat 3 times.
- Take a break and practice some deep breathing.
- Create a family steps challenge. How many steps can you achieve each day?
- Try balancing on one foot and see how long you can do it.
- Grab some chalk and go outside for a game of hopscotch.
- Play a game of 'Keep-it-up' with a ball or balloon. Don't let it hit the ground!
- Do 30 bunny hops during a brain break.
- Head outside for a nature walk.
- Walk or ride a bike, scooter, or trike to your favorite places close to home.
- Use objects around the house to create a family obstacle course. Climb, hop, and skip through the course.
- Pretend to be animals and act out their movements. Slither like a snake. Gallop like a horse.



- Toss rolled up socks into a laundry basket. Move the basket further away for each round.
- Pick a favorite song and make up a new dance to it.
- Demonstrate a "downward dog" yoga position.
- Play a game of charades.
- Plan a nature walk along with a scavenger hunt.
- Demonstrate the 4-7-8 breathing technique. Breathe in for 4 seconds, hold it for 7 seconds, and then breathe out for 8 seconds.
- Grab a ball and practice kicking. Set up empty boxes or water bottles as targets.
- Have a family relay race.
- Go for a walk in your neighborhood. Take small and large steps, walk on your toes and heels.
- Take a few balls outside to roll, throw, and bounce.
- Pretend to be a family marching band.
- Practice skating! Use paper plates to slide on floors.
- Pretend you are a sunflower and move your body as you grow towards the sun.
- Find or make a straight line on the ground, practice walking heel toe on the line. Use your arms for balance!
- Move your body as you sing "Head, shoulders, knees and toes."