

GANSI MARCH NEWSLETTER



National CACFP Week is Approaching, March 15-21, 2026!

"CACFP Week is a national education and information campaign sponsored annually the third week of March by the National CACFP Association. The campaign is designed to raise awareness of how the USDA's Child and Adult Care Food Program works to combat hunger." See the following pages for fun activities and resources!



Documents needed by 3/31/26:

- Civil Rights Training to frontline staff. Must include agenda, sign in sheet, facilitator's name, date/time of meeting and presentation
- Any updated center info
- GANSI annual training survey
- SOS (Secretary of State)

Did you know?

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

Important reminder:

For any child enrolled that requires substitution milk, ensure you are submitting their medical statement. This allows the child's meals to be claimed and ensures that your milk audit is adjusted correctly!



GANSI TEAM SPOTLIGHTS



Angelina pictured with Senator Tonya Anderson at the Community Connection Health Fair, hosted by White Oak Hills Baptist Church. Here, she hosted a booth featuring Happy Helpings, Georgia's Summer Food Program. Great job, Angelina!



March is full of GANSI birthdays! Happy birthday to...

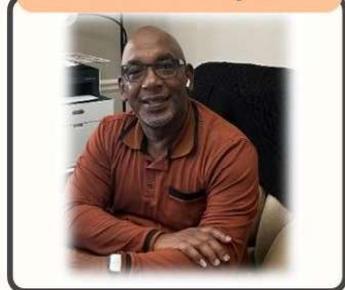
Ms. Wilson 3/12



Jacques Baya 3/13



Peter Lee 3/18



Carmichael James 3/20



Happy Work Anniversary!

CARMICHAEL, BRENDA, & JACQUES
3 YEARS



PETER LEE
12 YEARS




CACFP Week Activity Ideas

“Stirring Up Goodness”

Day of the Week	Theme of the Day	Activity Idea
Monday	 C – Community & Food Access	<ul style="list-style-type: none"> Art Activity: Have kids or adults draw or color what “stirring up goodness” looks like in their lives, such as enjoying meals with family and friends, helping prepare food, or activities that help them feel good like playing outside. Thank-You Cards for Food Heroes: Create simple cards to thank kitchen staff, cooks, and others who “stir up goodness” every day by supporting healthy food access in your program.
Tuesday	 A – Adults	<ul style="list-style-type: none"> Share Your Smiles: Post a photo of the children or adults you serve enjoying a healthy meal or activity using #CACFPWeekGA and #StirringUpGoodness. Mini Wellness Break: Lead a 3-minute stretch or breathing activity to highlight adult well-being as part of good nutrition.
Wednesday	 C – Children & Families	<ul style="list-style-type: none"> Goodness in a Cup: Guide children in layering yogurt, fruit, and whole-grain cereal to create a quick parfait. After they finish, print the “I Made This” card. Take a photo of the participants holding their creation along with the card and share using #CACFPWeekGA and #StirringUpGoodness. <ul style="list-style-type: none"> Bonus: Print and wear your CACFP chef hats to showcase any #CACFPcreditable snacks or recipes you have made this week! Take-Home Goodness Bag: Send home a small bag with a fruit, a recipe card, and the Parent Newsletter about CACFP’s role in “stirring up goodness” for children and families.
Thursday	 F – Farm to CACFP	<ul style="list-style-type: none"> Local Food Spotlight: Feature one Georgia-grown food (strawberries, carrots, broccoli) and share a fun fact. Grow a Bean in a Bag: Invite children to plant a bean seed in a clear plastic bag with a damp paper towel and place it in a sunny window. Children observe the seed as it germinates and grows over time. Bags can be sent home or displayed in the classroom. idea.
Friday	 P – Physical Activity	<ul style="list-style-type: none"> Stir It Up Dance Break: Play music and have children pretend to “stir,” “mix,” “shake,” and “pour” as movement prompts. Yoga: Simple poses like “fruit tree pose,” “seed,” “sun,” and “rainbow.”

Goodness in the Kitchen

Quick Tips, Clever Practices

You stir up goodness every day by providing healthy meals and snacks to our nation’s most vulnerable. Below are some helpful ways to make your time in the kitchen more efficient, so you can focus on adding variety and nutrition.

For the Kitchen Drawer

Did you know? CACFP funds can be used to purchase equipment that makes meal prep easier. Here are some game-changing tools to consider.



Quickly cut apples, tomatoes and even oranges into consistent wedges with an apple slicer.



A pizza slicer is not just for pizza! Slice cheese, herbs, quesadillas and even sandwiches with ease.

For When You're in a Pinch

A little creativity can go a long way. You can use ingredients that you already have, or plan ahead for when you’ve run out, to keep from having to alter your menu.



Need bread crumbs but ran out? Use crushed savory crackers instead.



Fresh herbs sometimes expire before you can use them all. Put extra chopped herbs into an ice cube tray with some olive oil and freeze for later.

For Getting Kids Involved

Kids can be part of the kitchen crew! Turn mealtimes into moments of learning, independence and a fun time to eat. With some planning and encouragement, you’ll be cooking up goodness together in no time.



Add cooled hard-boiled eggs to a sealed plastic container and shake. The shells loosen in seconds for quick, stress-free peeling that the kids can do themselves.



The back of a spoon makes spreading nut butter on crackers or bread simple and safe for kids—no sharp edges, just enjoyment at snack time.



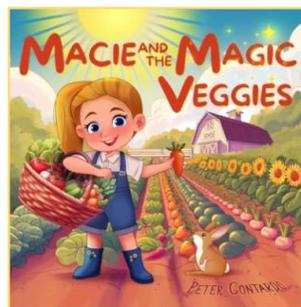
Root Vegetables: carrots, beets, radishes



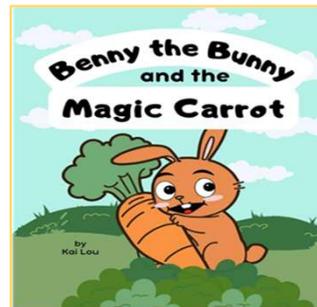
Using CACFP Week's Resource "Trying New Foods," check out these fun ways to incorporate new foods into your favorite recipes!

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>	

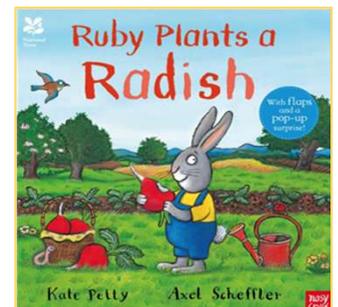
Check out these great books featuring our Harvest of the Month!



Macie and the Magic Veggies
by Peter Contardo



Benny the Bunny and the Magic Carrot
by Kai Lou



Ruby Plants a Radish
by Axel Scheffler