

GANSI NEWSLETTER

October 2026



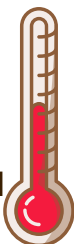
Reminders!

KidKare

Centers cannot change their username and/or password for KidKare. All credentials are assigned and must be updated by GANSI. Contact your consultant for any password help.

Thermometers

Thermometers are required inside of every refrigerator and freezer that stores food and/or milk! Make a habit of checking your thermometers to make sure they are reading 41 degrees or below for fridge, and 0 degrees or below for freezer.



New Vendors

Policy states that centers may not begin using a new vendor without prior approval from GANSI. If you wish to make changes to your vendor, contact your consultant first.



News!

Farm to CACFP Week 2026 is from October 18-24, 2026. Activities such as taste tests, gardening, and farm visits can introduce children to new foods and strengthen connection to community. Use this [link](#) to access free resources, classroom activities, and webinars!

More!

Looking for easy access to the recipe links on GANSI menu? Utilize the Recipe Index document attached to this email with all the monthly recipes listed for your convenience.

Closures!

No GANSI Closures in the month of October!

GANSI SPOTLIGHT

Million Meal Pack



A big shoutout to our amazing team members who came together for **Million Meal Pack**! Thanks to the dedication of more than 5,000 volunteers, **one million meals** were packed in one day to help strengthen food security for Atlanta neighbors. We're especially proud to spotlight **Ms. Wilson, Jolene, Angelina, and Jacques**, who gave their time and energy to make a difference. The meals were distributed to local organizations including the Atlanta Community Food Bank, The Salvation Army, Hosea Helps, Midwest Food Bank Georgia Division, and Sweet Water Mission.



Nicole Borne
4 years



Olivia Futch
1 year

Small Hands Crafting

Make a pumpkin mosaic! Cut out orange pieces of construction or tissue paper. Have the children glue the pieces of paper all over a paper plate.

When they are ready, they can glue on a brown rectangle for the stem and green leaf.

Add black shapes to make a jack-o-lantern too.

This is a great way to practice fine motor skills and talk about all the different shapes.

Use triangles, circles, ovals, rectangles, or diamonds.

There are no rules for noses!



Happy Halloween

Did you know that eating mindfully at meal time is a part of proper nutrition?

Eating slowly and mindfully can be a challenge these days as our schedules are busy and our lifestyles have us on the go. Eating slowly gives us ample time for our brain to tell our belly it's full, which prevents overeating. And just the act of chewing longer increases the absorption of important nutrients and allows our body to create more of the enzymes required for properly digesting food. Focus on eating and avoid distractions such as television and phone calls. By savoring every bite, you're more likely to feel satisfied sooner. Serve appropriate portions and take smaller bites - and don't inhale! The more times you chew, the more you'll taste each bite and the less likely you'll feel the need to reach for more. Families are encouraged to use mealtime as an opportunity to connect, and the sheer act of stopping in between bites to respond or ask questions helps in eating at a slower pace.

Because your childcare participates with CACFP, they are learning all about proper nutrition.

Pumpkin Games Movement on Halloween

Try these pumpkin games to get little bodies moving!

Pumpkin Scavenger Hunt

Create your own pumpkin patch with numbered paper pumpkins around the room or playground. Have your children work together to find all of the pumpkins.

Pumpkin Bowling Using small pie pumpkins, have your children gently roll the pumpkin to knock down pins made of toilet paper rolls or water bottles.

Pumpkin Ring Toss Place a few pumpkins across a room or play yard at varying differences. Have your kids try to throw a ring around the pumpkin.

Pumpkin Relay Can the team get all of the pumpkins over to the other side first? Divide your group into two teams and individually they will take turns running their pumpkin across to the other side.

Pumpkin Bread

- 1 can pumpkin (15 ounce)
- 1 cup sugar
- 1/4 cup vegetable oil
- 1 cup yogurt, low-fat plain
- 1 1/2 cups flour (all purpose)
- 1 1/2 cups whole wheat flour
- 2 teaspoons baking powder
- 2 teaspoons baking soda
- 2 teaspoons cinnamon
- 1/2 teaspoon salt
- 1 cup raisins

In a large mixing bowl, beat together pumpkin, sugar, oil, and yogurt. In a medium bowl, combine the flours, baking powder, soda, cinnamon, and salt; add to pumpkin mixture, stirring until just moistened. Stir in raisins. Pour into 2 greased 9x5x3 inch loaf pans and bake for about 1 hour at 350 degrees. Cool on a wire rack for 10 minutes; remove from pan and cool completely.

*Recipe from
USDA Mixing
Bowl*





Harvest of the Month™

Did you know?

Some pumpkins weigh more than a small car. Giant-pumpkin competitions have produced fruits weighing over 2,000 pounds!



Squash

Harvest of the Month Recipe



TITLE: Zucchini Fritters

SERVES: 10

PREP TIME: 15-20 minutes

COOK TIME: 2-3 minutes

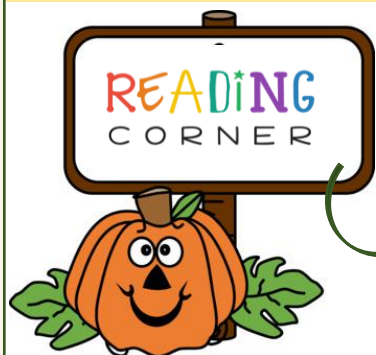
INGREDIENTS:

2 medium Zucchini's, grated
1/4 cup Breadcrumbs
1 Egg
1/4 cup Parmesan cheese,
grated
1/4 tsp Garlic powder
Salt and pepper to taste
2 tbsp Olive oil

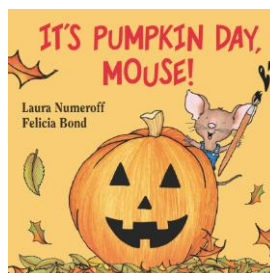
DIRECTIONS:

1. Wash and prepare fresh ingredients.
2. Grate the zucchini using a box grater. Place in a paper towel to squeeze out excess moisture.
3. In a bowl, combine the zucchini, breadcrumbs, egg, parmesan, garlic powder, salt, and pepper.
4. Scoop spoonfuls of the mixture and shape them into small patties.
5. Heat olive oil in a skillet over medium heat. Cook the fritters for 2-3 minutes on each side, until crispy.

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



"Zora's Zucchini"
by Katherine Pryor



"It's Pumpkin Day, Mouse!"
by Laura Numeroff



"From Seed to Pumpkin"
by Jill McDonald