Georgia Nutritional Services, Inc



GANSI NEWSLETTER

NOVEMBER 2026

Reminders!

Meal-Time Adjustments

Sites who request meal-time changes and/or changes to meals served must request via email to the consultant. Changes may not be immediate and require additional approval.

Meal Count Reconciliation

Ensure that all meals claimed coincide the sign in and sign out documentation prior to claim submission. Meals claimed without supporting documentation will result in a disallowance and may result in a corrective action.

Grain Based Desserts

As a friendly reminder, grain-based desserts are not credible within the CACFP. Little bites, Little Debbie, and other grains such as donuts and chocolate muffins are not allowable costs as they do not meet the meal pattern requirements.

ATTENTION!

October 2026 claim:
All claim documents must be submitted by November 3rd, as there is only one claim submission.
October claim must be received by the November deadline and be complete, organized, and accurate to receive your reimbursement.
There are no exceptions.

News!

Pay attention to recent recalls involving **Kayem Foods** Mass Meat and Poultry Recall. Broccoli seedlings from multiple producers have also been reported with salmonella contamination.

Closures!

In celebration of Thanksgiving, the GANSI office will be closed for a half day on November 25th. The office will be closed for the day on November 26th and 27th.

GANSI SPOTLIGHT

Grain-based desserts are an easy way to appease the sweet tooths of participants. However, there are CACFP approved alternatives that will meet the grain requirement and still taste delicious! Using ingredients such as honey as a sweetener, *sweet potatoes* for a soft grain result, and adding fruits for a flavor boost are great ways to add new menu items with common and affordable options.

Use the links below to check out creditable options:

- Lemon-Berry Corn Muffins
- Enriched Grain Base Master Mix – perfect to add mix ins.
- Sweet Potato Muffin Snack



Happy Birthday!



Brenda Tate

11/22

A Step At A Time Early Learning

GANSI is excited to highlight A Step At A Time Early Learning to congratulate the facility on it's dedicated message and opportunities provided towards the community. Tanisha Nellum began her journey in 2017, entering the schools system as she always wanted to be a teacher. Upon observation of Ms. Nellum, she noticed the school system relies on test scores, and not the children taking the tests. A Step At A Time Early Learning stemmed from a Home Daycare, a leap of faith, and perserverence through the COVID Epidemic. Today, Ms. Nellum has two locations dedicated to ensuring participants 12 months to 5 years of age have support to be grade level ready upon transition.

VoyageATL Hidden Gems: Meet Tanisha Nellum of A Step at a Time Early Learning Academy

Learning With:

Georgia Nutritional Services, Inc

Harvest of the Month™

Sweet Potato

Science



Science is SWEET

Georgia Standard S1L1: **1st Grade**

Georgia Standard S2L1: **2nd Grade**

Students learn how to sprout a sweet potato.

Supplies needed:

- Sweet potato (unwashed with eyes)
- Toothpicks or wooden craft sticks
- Clear quart-size jar or glass container with wide mouth (i.e. mason jar, empty nut butter jar, etc.)
- Water (non-chlorinated)
- Sunlight

Directions:

Insert about 4 toothpicks into the sides of the sweet potato about one-third of the way down. The toothpicks will hold the sweet potato upright in the container and allow water to circulate. Place the sweet potato into the jar. Fill the jar with water leaving about 1-inch space between the water and the top of the jar. Keep the sweet potato plant in moderate to full sunlight at room temperature or above 65 F. Note that placing the jar on top of a water heater may speed up the growing process. Check the water levels and add more water when needed.

Results:

In about 10 to 15 days, the sweet potato will begin to bud. For the next three to six months, vines will grow from the sweet potato. Train the vines to climb up or around classroom objects.

Observations:

Encourage students to record their observations about the changes taking place. Ask them to identify the roots, stems, and leaves.







Georgia Nutritional Services, Inc

Harvest of the Month™

Sweet Potatoes

Sweet Potato Fries

Preparation Time: 10-15 minutes

Yield: 24 2 oz portions

Ingredients:

- 2 medium Sweet potatoes, peeled, cut into approximately ¼ inch sticks
- 1 tbsp Olive oil
- 1/2 tsp Paprika
- 1/4 tsp Garlic powder
- Salt to taste



Instructions:

1. Wash and prepare fresh ingredients.
2. Slice the potatoes lengthwise into ¼ inch slices. Lay each slice flat on the cutting board and cut into ¼ inch sticks.
3. Heat the oven to 425 °F. Line a baking sheet with parchment paper.
4. Toss the sweet potato fries with olive oil, paprika, garlic powder, and salt. Arrange them in a single layer on the baking sheet.
5. Bake for 20-25 minutes, flipping halfway through, until crispy and golden.

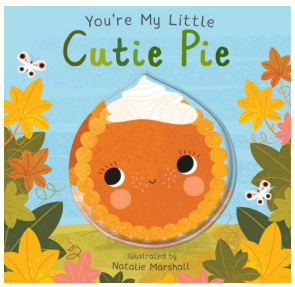




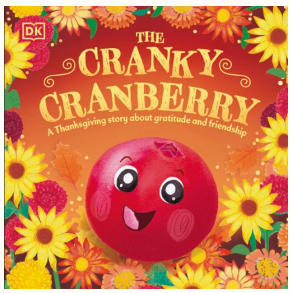


Check out these great books featuring Thanksgiving themes!

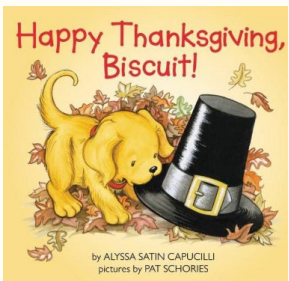




"You're My Little Cutie Pie"
Nicola Edwards



"The Cranky Cranberry: A Thanksgiving Story about Gratitude and Friendship"



"Happy Thanksgiving, Biscuit!"
Harper Collins