

# FREE



**FREE MILK  
FOR FAMILIES**  
AVAILABLE FOR PICK UP  
EVERY THURSDAY  
10 AM- 5 PM-  
WHILE SUPPLIES LAST

883 Commerce Drive Suite 102  
Conyers Ga 30094  
470-419-4674

**DONATIONS  
-ACCEPTED-**

 **Cash App: \$GNSI**

Georgia  
**Nutritional**  
Services, Inc

# July 2020



## You Shop, Amazon Gives.

Did you know you can support Georgia Nutritional Services for free through Amazon? You Shop, Amazon Gives. **AmazonSmile** is a simple way to support your favorite charitable organization every time you shop, at no cost to you! AmazonSmile utilizes the same account as Amazon.com BUT donates 0.5% of the price of eligible AmazonSmile purchases to your selected charitable organization. Check out [smile.amazon.com](https://smile.amazon.com) and select Georgia Nutritional Services as your charity organization today and shop through [smile.amazon.com](https://smile.amazon.com). We are extremely grateful for your support!

**amazon**smile  
You shop. Amazon gives.

**Want to know how Children can have Access to FREE Nutritious Meals and Snacks When School is not in Session?**

Find a Summer Food site in your community by contacting GNSI @ 470-419-4674 or [summerfood@gansi.org](mailto:summerfood@gansi.org) for more information!



**Summer Food Rocks!**



# Harvest of the Month™



## Peaches

*picky eater approved!*

### GREEN PEACH SMOOTHIE



#### INGREDIENTS:

- 1 cup almond milk, unsweetened
- 2 cup spinach
- 1 medium banana
- 1 1/2 cup peaches, frozen, sliced
- 1 container (4 oz) Greek Yogurt

---

### BOOKS

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



Gus Gordon's  
The Last Peach



It's Summer!  
By Linda Glaser