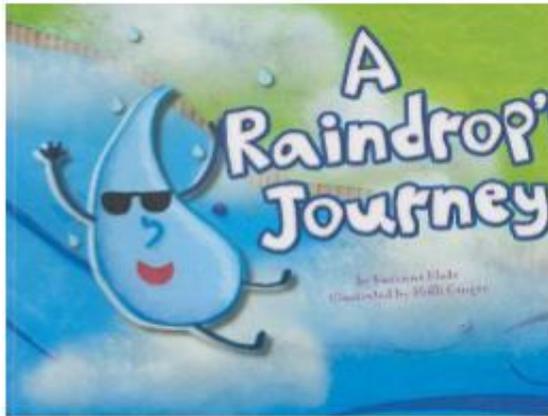


hello SEPTEMBER



TOOLKIT AVAILABLE NOW

[Growing Healthy Kids- Just Add Water](#) is a Toolkit

designed to help add more water intake in participant's daily routines. As part of the New Meal Patterns, beginning October 1, 2017, providers must offer drinking water in addition to making it available.

It can often be challenging to get kids to drink the right amount of water they need throughout the day.

The goal of this toolkit is to help you teach the importance of drinking water as well as encouraging them to drink more water. To do so, we have set out fun activities for each day for one full week, allowing you to focus on drinking water in conjunction with your everyday curriculum.

IT'S ANNUAL TRAINING TIME!!

Georgia Nutritional Services Inc. has locked in the Annual Training Date for **Day Care Centers**.

THERE WILL **NOT** BE A MAKE-UP TRAINING!!

BEGIN TO MAKE ARRANGEMENTS FOR
SATURDAY,

OCTOBER 26, 2019

10 AM – 4 PM

***Day Care Homes and At Risk centers will be trained on a different date, more information to come.**

RSVP with name & date-of-birth of attendee(s) at nutritionrocks@gansi.org no later than

SEPTEMBER 20, 2019!

In preparation for Fiscal Year (FY) 2020 CACFP renewal, BFTS's system will be unavailable

Sunday, September 15, 2019 through Monday, September 30, 2019. As a result, **August 2019 packets** must be delivered to GNSI **on or before Friday, September 6, 2019** to ensure processing for reimbursement in the month of September; packets must contain all documents to be deemed complete and ready for processing.

Incomplete packets and packets received after September 6, 2019 will be processed in October once the state's application is back online. We appreciate your understanding and cooperation during this process.

September Motivational Moment





Harvest of the Month™



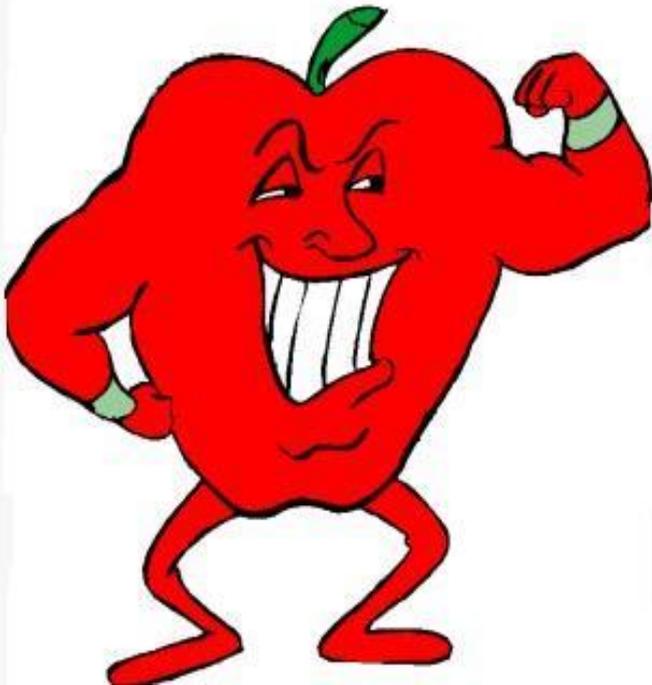
Apples

ALL APPLES ARE NOT ALIKE.

There are over 7,500 different types of apples grown in the world. Some are red, some are yellow and some are green. Some apples are sweeter than others and some are crunchier than others. But one thing is for sure...all types of apples taste GREAT!

FUN FACTS ABOUT APPLES

- Apple trees are 4 or 5 years old before they actually have apples.
- Apples are members of the rose family.
- The first apple tree in the United States was planted by the pilgrims when they came to the United States from Europe.
- It takes about 36 apples to make 1 gallon of apple cider.
- Apple trees can live to be about 100 years old.
- China grows more apples than any other country in the world.
- Apples have to be picked by hand when it is time to harvest them.



APPLE MUFFINS

This healthy apple muffins recipe is naturally gluten-free (made with oats), lightly sweetened with maple syrup, and filled with lots of fresh apple and applesauce...to make these muffins deliciously apple-y.



The ingredient list for this apple muffin recipe is pretty simple. You will need:

- Old fashioned oats:** Note that this recipe calls for old fashioned (rolled) oats, not quick oats.
- Pumpkin pie spice:** Or apple pie spice, or whatever combination of warming spices you love. **Eggs, baking soda, sea salt, coconut oil, vanilla:** All of the typical muffin-y things.
- Apple:** Granny Smith apple, But any kind of apple will do.
- Applesauce:** Plain, unsweetened applesauce (made with 100% apples). But any variety/flavor will do.
- Almond milk:** Or your preferred kind of milk.
- Maple syrup:** Plus a sprinkle of turbinado (raw) sugar on top to sweeten, if you'd like.

To make this healthy apple muffins recipe, simply:

- 1. Make the oat flour.** Puree the oats in a blender or food processor until they reach a fine flour-like consistency.
- 2. Mix the dry ingredients.** Add in the pumpkin pie spice, baking soda and sea salt, and pulse until combined.
- 3. Add the apple.** Finely-dice your apple
- 4. Mix the wet ingredients.** In a separate mixing bowl, whisk together the eggs, milk, applesauce, maple syrup, coconut oil and vanilla extract until evenly combined
- 5. Combine the wet and dry ingredients.** Fold the oat and apple mixture into the egg mixture, and stir until *just* combined. You don't want to overmix this batter.
- 6. Portion into baking cups and bake.** Then divide the batter evenly between 12 baking cups (they will be pretty full), sprinkle a pinch of turbinado sugar on top of each cup, and bake until a toothpick inserted in the center comes out clean!
- 7. And...enjoy!**