

Nutrition News

November 2019



Did You Know?

As of October 26, 2019 GNSI centers will no longer have access to Minute menu. We are investing in you. Please visit gansi.org/submitclaim for claim submissions and child enrollment.

Dear Wonderful Clients,
GNSI really appreciates the hard work, dedication, and loyalty you all have displayed over the years.

We understand transition periods can be frustrating and would like to extend our sincere gratitude for your patience and cooperation. Have a wonderful holiday season!

PRE-GAME PREP

Prep work before the big game is a smart and strategic way to ensure your monthly claim reimbursements are on time. Keeping up with weekly meal count sheets, keeping receipts in one location, and updating your menu daily to reflect changes are all ways to have your claim documents ready by end of month. Be sure to review your monthly center claim checklist to ensure all required claim documents are sent in with your claim packet rather uploading or mailing.

KID MADE RECIPE:

BUFFALO CAULIFLOWER BITES



- 1 medium head cauliflower
- 1 cup whole milk
- 1 cup all purpose flour
- ½ tsp paprika
- A few grinds of black pepper
- 1 ½ cup panko breadcrumbs
- 1 cup buffalo sauce

[For](#)

[Instructions](#)

[Click Here!](#)

RETHINK YOUR DRINK

It's easy to lose track of how many sugary drinks our participants have in a week. Avoid lots of sugary drinks this holiday season and encourage more water.

welcome
to our
TAILGATE



SWEET POTATOES

INGREDIENTS

- 3pounds sweet potatoes, scrubbed clean
- Olive oil, for drizzling
- Kosher salt and freshly ground black pepper, for sprinkling
- Paprika, for sprinkling
- Garlic powder, for sprinkling

Sweet Potato steak Fries



1. Preheat the oven to 450 degrees F and line a rimmed sheet pan with foil. Cut the ends off the potatoes, then cut the potatoes in half lengthwise. Cut into thick wedges, keeping all of the fries evenly sized. Spread the fries on the lined sheet pan and drizzle with a few tablespoons of olive oil, a big pinch of kosher salt and lots of freshly ground pepper. Sprinkle to taste with paprika and garlic powder and toss everything to evenly coat. Roast until brown and crispy on the bottoms, 10 to 15 minutes.



2. Flip all the fries, and return them to the oven to roast until they are brown and crispy, another 10 to 15 minutes. Allow to cool slightly before serving.