



# February '19 Newsletter

made with love

## WHAT'S NEW?

Per BFTS, all micro-purchases must be spread equitably amongst qualifying vendors. Starting February 1, 2019 GNSI representatives will be providing training on the new micro purchase procedures and diversifying your reimbursements. Be on the Look Out!



[Give Yourself a Heads UP and Check this Out for More Info](#)

## TRIVIA

Does your current compensation plan have the following: GNSI questionnaire, organization's Compensation Plan, and a copy of the signed and approved plan by GNSI?

**Yes?** Congratulations you're in compliance!

**No?** You're almost there, Please contact your consultant for feedback.

*Celebrating*

# BLACK HISTORY MONTH

Disney announced on Monday, [its Academy Award-nominated superhero film](#), "Black Panther," would be making a return to theaters in celebration of Black History Month. The free screenings, which will last from **Feb. 1 through Feb. 7**, will be available at 250 participating AMC theaters nationwide.

[Click Here for More Information!](#)

Georgia  
Nutritional  
Services, Inc





# Harvest of the Month™



## Carrots

Carrots are a root vegetable, in the same family as celery, parsnips and dill. Carrots are not always orange, but can also be purple, white, red or yellow.

### USES AND TIPS

Choose well-shaped, smooth, firm, crisp carrots with deep color and fresh, green tops. Avoid soft, wilted or split carrots. Refrigerate carrots in a plastic bag with tops removed for up to 2 weeks.

Carrots can be eaten raw or cooked. Shred and add to salads for a great crunch, or bake into breads or muffins. Add to soups, stews or casseroles for a nutrient boost. Carrots are delicious roasted, steamed, grilled, or stir-fried.

- Georgia Carrots are sweeter because of our climate, that helps the carrots develop more sugar during the growing process.
- Carrots are one of the newest and most popular crops in the Georgia vegetable industry.
- Carrots are harvested in Georgia from December through June.
- Georgia carrots are grown commercially in the southern part of the state.

# Carrot and Raisin Salad



## Ingredients

4 cups matchstick carrots or shredded carrots

1 cup raisins

Dressing:

¼ cup mayonnaise

2 tbs sugar

3 tbs milk or cream

## Instructions

In a large bowl, mix the carrots and raisins.

In a small bowl, mix all dressing ingredients.

Pour dressing over carrots/raisins and toss to coat.



Calories	100
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Calories From Fat	0
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% Daily Value*	
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Total Fat 0.5g	1%
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Saturated Fat 0g	
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Trans Fat 0g	
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Cholesterol 0mg	
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Sodium 210mg	9%
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Total Carbohydrates 24g	9%
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Dietary Fibers 2g	7%
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Sugars 20g	40%
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Protein 1g	2%
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Vitamin A	180%
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Vitamin C	10%
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Calcium	2%
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Iron	2%
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\* Percent Daily Values are based on a 2,000 calorie diet.

# Georgia Grown Carrot Slaw Tasting Activity

**"I LIKE THIS"**



**"ME GUSTA"**

**"I DON'T LIKE THIS YET"**



**"NO ME GUSTA TODAVÍA"**