



Georgia
Nutritional
Services, Inc



GNSI Fall Holiday Hours:

- November 21, 2018- Half Day
Close at 12:00 p.m.
- November 22, 2018- CLOSED
- November 23, 2018- CLOSED

****Please inform GNSI of any closings due to holidays.**

Eat the Rainbow:

Greens, oranges, reds, purples, yellows...you get the picture. [Eating the rainbow](#) will supply your body with a range of disease-fighting phytonutrients, and will naturally fill you up to help you cut back on unhealthy foods, says Dr. Lipman.

Farm to CACFP

The incorporation of local food and agricultural education into CACFP can play an important role in creating and promoting a healthy environment.



GNSI will encourage Farm to CACFP through local, state, and national campaigns and will begin disseminating Harvest of the Month resources.





Harvest of the Month™

Sweet Potatoes



Sweet potatoes are a root vegetable, with a sweet taste packed with nutrition! Try them in sweet and savory dishes all year long.

USES AND TIPS

Select sweet potatoes that are firm, with smooth skin and free from cracks or bruises. Store sweet potatoes in a cool, dry place; do not refrigerate.

Sweet potatoes are very versatile. Try them baked, roasted or mashed for a healthy side dish. Substitute sweet potatoes for white potatoes in hash browns or potato salad, or bake sweet potatoes into muffins or pies.

- Sweet potatoes are in season in Georgia from August through November.
- Sweet potatoes are a warm-weather vegetable that need a long growing season; they grow well in Georgia!
- Sweet potatoes are ready to harvest about 90-120 days after planting.
- Sweet potatoes grow from “slips”, which are plants that are produced from the roots of previous crops.

Georgia Department of Education School Nutrition Program



Harvest of the Month™

Sweet Potato Fries



Sweet potatoes are delicious any which way you please, but these spicy baked sweet potato chips are a real winner. Tossed in a spicy almond meal coating, and served with a yoghurt dipping sauce, they're a tasty and nutritious side dish or snack.

Ingredients

- 400 g sweet potato
- 1/2 tsp smoked paprika
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 1 tsp sea salt
- 1 tbs olive oil

Dipping sauce

- 1/2 cup natural Greek yoghurt
- 1/2 tsp ground cinnamon
- 1/2 tsp ground cumin
- 2 tsp maple syrup

- 1.** Preheat oven to 230°C (210°C fan-forced). Scrub sweet potato and cut into 1cm chips. Cover with water and soak for 10 minutes. Drain well and pat dry
- 2.** Combine almond meal with spices and salt. Toss sweet potato in olive oil and then almond meal mixture.
- 3.** Place on a tray lined with baking paper. Bake for 25-30 minutes, turning 1-2 times to ensure all sides are golden.



Harvest of the Month™



Spicy Sweet Potato Dip



Ingredients

- 2 large sweet potatoes (about 1.7 pounds)
- 2 canned chipotle peppers in adobo sauce
- 2 tablespoons fresh squeezed lime juice
- 2 tablespoons salsa
- 1/4 cup (2 ounces) shredded pepper jack cheese

Directions

Pierce the sweet potato skin five or six times. Place on a microwave-safe plate and microwave on high for 5-8 minutes or until potato is tender, rotating halfway through.

Remove flesh from sweet potato. Discard skin.

Combine sweet potato, chipotle pepper and salsa in a food processor or blender and process until smooth. Spoon mixture into a serving bowl and top with shredded cheese. Serve with whole-wheat pita chips.

Sweet Potato Tasting Activity

"I LIKE THIS"



"ME GUSTA"

"I DON'T LIKE THIS YET"



"NO ME GUSTA TODAVÍA"

Sweet Potato Number Match

Dear Parents and Guardians:

Your child has been learning about sweet potatoes. A sweet potato is an oblong shaped, orange vegetable that tastes sweet. Help your child count

the sweet potatoes and draw a line between each sweet potato group to the correct matching number. See if your child can tell you five facts about sweet potatoes.

1

2

3

4

5



Resource from:

Grow It, Try It, Like It!
Preschool Fun With Fruits and Vegetables