

# hello AUGUST

**MILK MAKES  
AMAZING**

Are you underestimating one of the most versatile products in the world?



Georgia Grown, in collaboration with Kroger and the Georgia Agricultural Commodity Commission for Milk (ACCM), has partnered with 168 Kroger stores across Georgia to promote its “Milk Makes Amazing” campaign. As part of the larger dairy initiative “Milk on my Mind,” Georgia Grown continues to display its commitment to local sourcing and the local farming community by educating consumers on the benefits and versatility of milk and dairy foods.

Consumers will be able to view showcased milk and dairy products from Georgia Dairy Farmers in store as well as in digital advertisements. For more information about this partnership, please click [here](#).

## TOOLKIT AVAILABLE NOW

[Local Foods for Little Eaters in Georgia](#) in conjunction with Georgia Organics, is a toolkit created to assist with incorporating local sourcing practices into your child care setting. For more questions on how to locally source your food products, please contact Shelby Beverly, Compliance and Procurement Analyst at [shelby.Beverly@gansi.org](mailto:shelby.Beverly@gansi.org)



Completed packets received into the office on or before the 5<sup>th</sup> of each month are guaranteed to be in first submission. If an incomplete packet is received, the GNSI consultant will notify the facility of missing documents. The claim packet will then go to the end of the queue which may delay reimbursement.

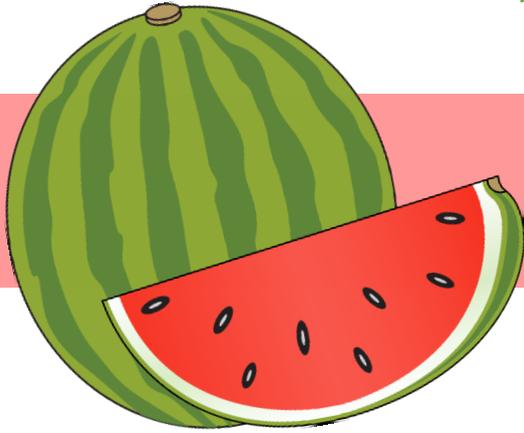
## August Motivational Moment



PASS IT ON.



# Harvest of the Month™



## Watermelon

**THEY'RE CALLED WATERMELONS FOR A REASON.**

They're 92 percent water, making them a perfect refresher for those hot summer months.

### Watermelon

<b>Nutrition Facts</b>	
1 serving per container	
<b>Serving size</b> about 2 cups, diced (280g)	
<b>Amount Per Serving</b>	
<b>Calories</b>	<b>80</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	<b>0%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 0mg	<b>0%</b>
<b>Total Carbohydrate</b> 21g	<b>8%</b>
Dietary Fiber 1g	<b>4%</b>
Total Sugars 17g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 2g	
Vitamin D 0mcg	0%
Calcium 20mg	2%
Iron 0.7mg	4%
Potassium 310mg	6%
Vitamin A 80mcg	8%
Vitamin C 23mg	25%

\* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: WATERMELON, RAW

### PICKING A GOOD WATERMELON.

It's as easy as 1, 2, 3.

1. Look the watermelon over. You are looking for a firm, symmetrical watermelon that is free from bruises, cuts or dents.
2. Lift it up. The watermelon should be heavy for its size. Watermelon is 92% water, most of the weight is water.
3. Turn it over. The underside of the watermelon should have a creamy yellow spot from where it sat on the ground and ripened in the sun.

# Berry Watermelon Fruit Salad



## Description:

A foolproof berry watermelon fruit salad, packed with four kinds of berries, fresh cherries, and juicy watermelon. Always a crowd-pleaser, this healthy fruit salad couldn't be easier to make and is full of sweet, summer flavor.

## Ingredients:

1. 4 cups watermelon, cubed
2. 1 pint strawberries
3. 1 pint blueberries
4. 1 pint raspberries
5. 1 pint cherries
6. ½ pint blackberries
7. Squeeze of fresh lime juice