



June 23, 2025

Greetings Sponsors & Institutions,

Happy **Farm to Summer Week**! ☐ We're thrilled to kick off a week full of fresh food, fun learning, and hands-on activities that connect children to where their food comes from.

Each day this week brings a new theme to explore with your kids:

☐ **Monday – What is Farm to Summer?**

Start the week by introducing the journey from farm to plate.

☐ **Tuesday – Gardening & Physical Activity**

Get outside, get moving, and dig into garden-based fun.

☐ **Wednesday – Cooking & Taste Testing**

Let kids explore new flavors and build healthy habits.

☐ **Thursday – Locally Grown in Meals & Snacks**

Celebrate local farmers by featuring Georgia-grown produce.

☐ **Friday – Literacy, Music & Movement**

Wrap up the week with farm-themed stories, songs, and movement activities.

New Resources Just for You!

We've created brand-new materials to help you celebrate all week long:

- Activity Ideas for Nutrition and Physical Activity
- Farm to Summer Week Book List
- Physical Activity Cards
- Physical Activity Calendar
- And so much more!

Visit the **Farm to Summer Week** webpage to download these free resources and get inspired!



Fresh for Summer! New Cycle Menus Now Available

We're excited to share our newly created Happy Helpings Cycle

Georgia Dept of Early Care & Learning

Nutrition Services

Happy Helpings

Happy Helpings, Georgia's Summer Food Service Program

SAMPLE BREAKFAST CYCLE MENU

Minimum Meal Pattern: 1 cup Fluid Milk, 1/2 cup Fruit/Vegetable and/or Juice, and 1 oz. egg, meat, meat alternative or equivalent.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	Scrambled eggs with tomatoes, cheese, and chives Grapefruit or orange Grapefruit or orange	Hot chicken salad Black beans Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange
Week 2	Scrambled eggs with tomatoes, cheese, and chives Grapefruit or orange Grapefruit or orange	Hot chicken salad Black beans Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange
Week 3	Scrambled eggs with tomatoes, cheese, and chives Grapefruit or orange Grapefruit or orange	Hot chicken salad Black beans Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange
Week 4	Scrambled eggs with tomatoes, cheese, and chives Grapefruit or orange Grapefruit or orange	Hot chicken salad Black beans Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange	Scrambled eggs with tomatoes, cheese, and chives Whole wheat toast Grapefruit or orange

Some all these components and the minimum serving sizes for a minimum 100% breakfast meal.
All items are summer season produce.
This institution is an equal opportunity provider.

Menu for breakfast, lunch/supper, and snack—just in time for summer! These menus are designed to highlight seasonal produce, helping you serve meals that are not only nutritious but also vibrant and appealing to children.

Whether you're looking for inspiration or a ready-to-use resource, these menus are a valuable tool to help refresh your offerings, streamline your planning, and support your summer operations.

We hope this new resource helps make your summer meal service smoother and more enjoyable for everyone involved.

Download the new cycle menu [here](#).

Show Us Your Celebration!

We want to see the joy and creativity in your program! Share your photos using **#GAFarmtoSummer** or email them to morgan.chapman@decal.ga.gov.

Let's make this week unforgettable for the children and families we serve. Thank you for being part of this celebration of healthy food and joyful learning!



Together, we can help feed Georgia's Children & Adults.

This institution is an equal opportunity provider.

Nondiscrimination Statement: English

Nondiscrimination Statement: Spanish



Bright from the Start:GA Dept of Early Care & Learning | 2 MLK Jr. Drive | Atlanta, GA 30334
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