



# Gordon Nutrition News

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Summer 2020

Nutrition assistant Carol Hyde working in the Gordon Central kitchen.

## Gordon County Meets the COVID-19 Challenge

On the morning of March 16, 2020, the entire staff of the Gordon County School Nutrition Department met in the Sonoraville High School gym. Director Betsy Roam explained to everyone the plan for serving meals during the Coronavirus school closures.



Jennifer Cooper prepping carrots at GCHS.

So began many weeks of fast-paced planning, cooking, packaging and delivering. Operations Specialist Kim Franks organized approximately 50 school nutrition managers, assistant managers, cashiers, and nutrition assistants into two teams: one to work out of Gordon Central High School’s cafeteria and one out of Sonoraville High School. They pulled together meals that were easy to transport and filled with fresh fruits and vegetables, most of them Georgia grown.

Nutrition staff distributed meals 5 days a week at the two high schools, and at several community sites like the Fairmount Square, various churches, the DFACS offices, and parks and community centers in Plainville, Sugar Valley, and Resaca. We developed a partnership with the Transportation Department to deliver to neighborhoods on school buses, in order to reach families without the means to get to the community sites or the schools.



SHS staff assembling multi-day packages of lunches and breakfasts.

After Spring Break, the schedule was modified from 5 to 2 days a week; the Nutrition staff prepped and packaged multiple meals each day, so that families still received 5 days worth of lunches and breakfasts each week. Gordon County Schools employees, including school nurses, bookkeepers, administrators, media specialists, paraprofessionals, and other non-teaching staff, pitched in to assemble, load, and deliver meals and to clean the cafeterias and equipment at the end of each meal service. The entire school district pulled together to feed students during the weeks of social isolation and learning at home.

**“A student’s chance for a bright future begins with a nutritious meal today.”**

**— Kim Franks, School Nutrition Operations Specialist**



**Eddie Jones (FES), William Bryant (RBMS), David Weaver (RBMS) and Deryl Dennis (FES) loading the buses at Sonoraville High School.**



**Michael Short (TES) volunteering with the team at Gordon Central High School. Help from GCS staff has made it all possible.**

Over the 44 days of the emergency meal service, Gordon County Schools served 162,148 meals to an average of 1,843 children each day. It was truly a show of fantastic teamwork and dedication to our students, and the School Nutrition Department is eternally grateful to the entire Gordon County Schools team for their help in feeding the children.

Want to know more about School Nutrition? You can find us:

On the web: [www.gcbe.org/Page/2996](http://www.gcbe.org/Page/2996)



Gordon County School Nutrition

Phone: 706-625-0786 or 706-879-5011

In person: Room 36, Sonoraville High School, Building 1,  
7300 Fairmount Hwy, Calhoun, GA 30701

## Who We Are

### A School Nutrition Profile: Morene Poarch

“When I became a manager 10 years ago, having Morene in the kitchen was like having a walking, talking encyclopedia of school nutrition knowledge,” says Jeanette Northrup, the Nutrition Manager for Red Bud Elementary School, of her friend and co-worker Morene Poarch.



In the Red Bud kitchen in 2019.

Morene, who is 82, may hold the record for longest service in Gordon County Schools; she has worked for the school system for 46 years, always at Red Bud School. She was born and raised on what used to be called Audubon Road (now Evergreen Road), and held a number of different jobs before coming to work in the Red Bud cafeteria in the 1970s. She has certainly seen some changes in school nutrition.

“We used to do more scratch cooking—peach pies, blueberry pies, fried chicken in a pan on the stovetop. It was harder work, but we had more workers then,” Morene said.

Throughout most of her time in school nutrition, Morene has been a baker. When Red Bud was closed for renovations, her job included making enough cookies to last until the kitchen was reopened weeks later.

“I made cookies until I thought I would turn into a cookie!” she laughed.

We are happy to say that Morene shows no signs of slowing down. The recent Covid-19 shutdown has been a little boring, she said, and she is ready to get back to work. We are ready to have you back, Morene!



The Red Bud cafeteria staff in the 1980s. Morene is fourth from the left.

To see more profiles of School Nutrition staff members, please visit [www.facebook.com/hashtag/gcsnhoweare](https://www.facebook.com/hashtag/gcsnhoweare)

## Nutrition 101

The foods and beverages we eat and drink are made up of **nutrients**. Nutrients are

divided into two subgroups: **macronutrients and micronutrients**. “Macro” means “big,” and the macronutrients are the big, or main, ingredients that make up our foods. Most of us are very familiar with these macronutrients: **carbohydrates, proteins and fats**. One key to good nutrition is a healthy balance of all three.

The **micronutrients** are the “small” ingredients. Think of them as the ingredients sprinkled throughout our diets in small amounts. **Vitamins and minerals** are the micronutrients. We must be sure to get

a wide variety and good balance of both, so a varied diet is the best diet. In future issues of Gordon Nutrition News, we will explore more about each macronutrient and micronutrient.

## BIG Changes for School Nutrition

Big changes are underway for the School Nutrition Program. Biggest and best will be NEW MENUS in the 2020-2021 school year. Some of the new dishes include Philly Cheesesteak Sandwiches, Meatball Queso Bowls, and Cold Corn Salad.

Another important new happening for the School Nutrition Program is a new software system: SchoolCafé. After a parent or guardian sets up an account, you can view menus, put money into the student’s account, and set low balance alerts.

You can go to  [www.schoolcafe.com](http://www.schoolcafe.com) to start an account or apply for Free & Reduced Lunch benefits. Please check it out today!

--Lisa McKinney

  
Gordon COUNTY  
SCHOOL NUTRITION  
205 Warrior Path  
P.O. Box 12001  
Calhoun, GA 30703

### School Nutrition Program Directory

Betsy Roam , Director  
706-625-0786

Keisha Causby, Accounting  
706-879-5012

Lisa McKinney, Communications  
706-879-5011

Kim Franks, Operations  
706-879-5010

Amelia Smith, Ashworth Middle  
706-879-5062

Heather Marshall, Belwood Elementary  
706-879-5208

Kasey Stone, Fairmount Elementary  
706-879-5365

Tammy Fuller, Gordon Central High School  
706-879-5191

Jeanette Northrup, Red Bud Elementary  
706-879-5326

Tammie Bryan, Red Bud Middle  
706-879-5269

Cheryle Mathews, Sonoraville Elementary  
706-879-5314

Annie Faucett (Asst Mgr), Sonoraville High  
706-879-5137

Mitzi Lindsey, Swain Elementary  
706-879-5289

Betty White, Tolbert Elementary  
706-879-5251