

A Year Like No Other

By Lisa McKinney

The 2020-2021 school year is certainly a year with many changes and new experiences. Like the rest of our school system, Gordon County School Nutrition is implementing several new things to help



Jeanette Northrup, School Nutrition Manager at Red Bud Elementary, preps pick-up meals. Red Bud is feeding about 14-15 children a day with pick-up meals.

a normal school year. All Gordon County students also receive breakfast at no cost every year, due to a special program awarded to our district in 2017. But the “universal free” program provided this year is a first.

Betty White, Nutrition Manager, takes care of meal pick-up at Tolbert Elementary School.

Gordon Nutrition News

Volume 1 Issue 2
Fall 2020

navigate the COVID-19 challenges.

First and probably most helpful for families is an initiative funded by the US Department of Agriculture (USDA): breakfast and lunch at no cost to students.

Every year, families are encouraged to apply for Free or Reduced meals, but they must meet income levels to qualify for the assistance during



One of our other innovative responses to the COVID-19 challenges is Meal Pick-Up service. GC School Nutrition wanted to assure that school breakfast and lunch would still be available to all the students who are studying at home online, and so our cafeteria managers and their staffs are packing grab-and-go breakfasts and lunches every day. Pick-up schedules and locations have been established at each school for every school day. We are serving meals to about 100 children this way, but the service is not limited to GCS students: any child aged 0-18 can get meals from our pick-up service.



Lunch Pals are a new way to enjoy lunch at school, even if you like to bring your lunch from home! A Lunch Pal is a pre-made bundle of sides and a drink; students can get a Lunch Pal for free and add it to a sandwich or other entrée brought from home to make a complete, nutritious meal. Each Lunch Pal includes a piece of fruit, two grain-based items such as chips or pretzels, and a carton of milk. These Pals have proven to be a favorite with students.

Assistant Manager Christy Nicholson preps Lunch Pals at Sonoraville Elementary.



Cashier Lorrie Bennett assists a student at the new serving line in Building 1 at SHS.

The School Nutrition team at Sonoraville High School (SHS) is providing another new service this year: a new serving line in Building 1. The cafeteria at SHS is in the main campus building and is still serving the majority of the students and faculty, but Building 1 is about a 5-minute walk from the school cafeteria. The new serving line and the breakfast cart make breakfast and lunchtime a lot less hectic for students and teachers with classes in Building 1.

These changes are a lot of work for School Nutrition staff in the lunchrooms, but the work is a labor of love for them. Lunch ladies at all Gordon

County schools are committed to do everything they can to make life (and school) during the pandemic as easy and happy as possible for all our students!

Who We Are

A School Nutrition Profile: Annie Faucett

Everyone who works or eats at Sonoraville High School knows the beautiful smiling face of Annie Faucett. Annie is the Assistant Manager of the SHS cafeteria, and she has been working in the kitchen there since 2011. She considers it the best job she's ever had.

"I love to cook for the kids here and I love to see them and get to know them. I'm so very blessed to get to do this job," says Annie. She is thankful to Tammie Bryan and Jolene Clements for making it possible for her to work in School Nutrition.



Annie assembling meals for delivery during the COVID-19 school closure.

Outside of work, she spends time with her family: husband Gary, a son and a daughter, two grandchildren, and a great grandson. She is very committed to her church and also attends Bible

"If you use a pinch of love in your cooking, it will always be good."

--Annie Faucett

College. When she's not busy with family or church, she likes to watch Hallmark movies and relax at home, watching deer in her yard—in other words, she takes advantage of the peaceful country life in Gordon

County! Annie loves to cook, and she does a lot of the cooking in the SHS kitchen as well. Her touch in the school recipes is one of the things that makes the SHS food so good: "I don't have a favorite recipe," says, "But if you use a pinch of love in your cooking, it will always be good."

To see more profiles of School Nutrition staff members, please visit

www.facebook.com/hashtag/GCSNMeetOurStaff

Gordon County Welcomes New School Nutrition Director

Gordon County School Nutrition is happy to announce that Nicole Head has accepted the position of School Nutrition Director. She began leading the department in early September.



Nicole comes to us directly from The Hansen Group, a kitchen equipment sales company, but that was just the latest in a career almost tailor-made to produce a very capable Director of School Nutrition. Before the Hansen Group, Nicole was a food broker for Affinity Group, a Georgia company that supplies food to school nutrition programs; in that job, she made connections with school nutrition administrators all over north Georgia. Before Affinity, she was the Procurement Officer for Bartow County School Nutrition, where she was responsible for

all ordering, purchasing, and bid preparation. Before working in the Bartow County School Nutrition office, she worked as a manager and a lunch lady at numerous schools. Her extensive background in the business side of school nutrition and her hands-on experience in school cafeterias are already making her an invaluable leader for the Gordon County team.

Nicole grew up in Orlando, Florida, and earned a BS in Hospitality Management from the University of Central Florida. She came to Georgia after meeting and marrying a Bartow County boy: her husband, Zac. They have 6-year-old twin girls and live in Bartow County.

We are so excited about the future of the School Nutrition program under Nicole's leadership, because, among her many qualifications for the job, the most important is her commitment to do

**“School Nutrition is the backbone of how kids learn. Keeping them fed is what’s keeping them going.”
Nicole Head**

whatever is needed to help her team be successful. As Dr. Kimberly Fraker, Gordon County Schools Superintendent, said, “Nicole has a heart for serving not only the kids, but also for serving those around her.”

Nutrition 101: Micronutrients for a Healthy Immune System

need only in small amounts, but those small amounts are crucial.

The foods we eat contain macro- and micro-nutrients that are necessary for good health. Macronutrients are the substances we need in large quantities: carbohydrates, fats, and proteins. Micronutrients are the vitamins and minerals that we

There are about 30 essential micronutrients, vitamins and minerals that our bodies cannot manufacture. Many people take supplements to get these micronutrients, but the best way to consume them is through our diet. Five micronutrients – vitamin C, vitamin E, vitamin B₆, magnesium and zinc—are crucial to a healthy immune system. During the fall and winter months, your immune system is more important than ever to ward off flu, colds, and the coronavirus. To get the immunity-boosting micronutrients, be sure to eat at least some of the following foods:

Vitamin C: tomatoes, citrus fruit, broccoli, sweet peppers, kiwi

Vitamin E: sunflower seeds and oil, peanut butter, almonds

Vitamin B₆: chicken, bananas, cereal, potatoes with the skin still on

Magnesium: whole wheat, nuts, seeds, peanuts, beans, green peas, green beans

Zinc: meat, nuts, cheese, milk

All of these foods are available in our cafeteria meals, so join us for breakfast and lunch—both are FREE for the 20-21 school year—and keep yourself healthy!

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

On the web: www.gcbe.org/Page/2996



Gordon County School Nutrition

By phone: 706-625-0786 or 706-879-5011

In person:

Sonoraville High School, Building 1
7300 Fairmount Hwy
Calhoun, GA 30701

School Nutrition Program Directory

Nicole Head, Director
706-625-0786

Lisa McKinney, Communications
706-879-5011

Kim Franks, Operations
706-879-5010

Amelia Smith, Ashworth Middle School
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 School
706-879-5269

Stacey Lemmerman, Sonoraville Elementary
706-879-5314

Rebecca Franklin, Sonoraville High School
706-879-5137

Mitzi Lindsey, Swain Elementary
706-879-5289

Betty White, Tolbert Elementary
706-879-5251



205 Warrior Path
P.O. Box 12001
Calhoun, GA 30703

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