

Gordon Nutrition News

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Gordon County Meals Getting A Lot of “Likes”

by Lisa McKinney

Lunch tray photos from Gordon County School Nutrition have won recognition in a statewide social media competition not once, but twice this school

year. The Georgia Tray of the Week Campaign is a year-long school meal promotional activity that highlights the consistently high quality of school meals served in Georgia schools. Our state School Nutrition Program (GADOE SNP) is coordinating the program. Each Tuesday the Georgia DOE School Nutrition Program selects and shares, via social media, five or more photos depicting Georgia school meal trays served in the preceding school week. They ask social media followers to select their favorite from the shortlisted trays, and the image that gets the most “Likes” by Friday at 8:00am is named the Georgia Tray of the Week (#GATrayoftheWeek).



Our Pizza Power Pack lunch, served at Sonorville Elementary, won the GA Tray of the Week competition in October 2021. Photo by Nicole Head.



Our second Tray of the Week was this yummy spaghetti at Sonorville High School. Photo by Lisa McKinney

The competition has been going on for 13 weeks, and Gordon County has won two out of those thirteen weeks! You can see a list of all the Georgia Trays of the Week and links to their winning photos on the GADOE SNP website at <https://snp.gadoe.org/Pages/Home.aspx>.

So far in the competition, our winning tray photos have come from Sonorville Elementary School and Sonorville High School, but we are far from finished with this effort. Our 10 cafeterias all serve delicious breakfasts and lunches, so we have many more Trays of the Week to come!

We want to encourage everyone in the Gordon County Schools community to join our Facebook page at <https://www.facebook.com/GordonCountySchoolNutrition> and also the Georgia School Nutrition Program at <https://www.facebook.com/gadoenutrition> and vote for our trays!

Who We Are

A School Nutrition Profile: Kim Franks

Kim Franks really appreciates the lucky coincidences that have shaped her career in School Nutrition, especially the one that led her to a School Nutrition job in the first place.



Kim was working as the part-time secretary for her church when the recession was creating a tough financial situation for the congregation. The pastor sadly told the entire staff that they might need to find some other work. As soon as Kim left that meeting, her phone rang. It was a fellow church member and friend, Vicki Orfield, who managed the Belwood Elementary School cafeteria. Vicki was calling to ask Kim to spread the word that Belwood needed a new nutrition assistant. Kim applied for the job and was soon off and running in her new line of work.

She moved up to the cashier position at Belwood, then Assistant Manager, and finally into the Manager position after Vicki retired and started working as a School Nutrition consultant. Kim managed the Belwood cafeteria until early 2020, when she became the Operations Specialist for the entire School Nutrition department. In that position, she orders all supplies for our 10 cafeterias, helps Director Nicole Head with menu planning, assists and trains the cafeteria managers with record keeping in our software system, oversees food safety practices, fills in at any of our cafeterias when they are short-staffed, and handles a million other things related to the day-to-day task of feeding more than 6,000 students.



Kim is married to Mark Franks, and they have two adult sons, Cody and Jake. Kim's family also includes her two "daughters": Kelsey, who is Cody's fiancé, and Liz, Jake's girlfriend. And, of course, there is the baby: Ollie, a 9-year-old Boston terrier, who isn't spoiled at all [eye roll]. When they're not hanging out with family, Kim and Mark are more than likely on their bikes. Both are avid long-distance cyclists, and regularly ride with their "bike gang" all over the Northwest Georgia mountains.

Kim worked closely with the crews that fed students when schools were closed during the Covid-19 lockdowns.

When she was at Belwood, Kim's favorite thing about her work was interacting with the kids. Now that she works in the School Nutrition Office, there isn't as much interaction with students. Luckily, the School Nutrition offices are located at Sonorville High School, and Kim enjoys seeing former Belwood kids who are now in high school. The best part of her job, however, is getting back into the cafeterias when she's needed to fill in, because she gets to work with the team at each school. "When I was at just one

school, there was little chance of getting to know the ladies at the other schools, says Kim. “I really love that I now get to work with our entire Nutrition staff.”

After many years of feeling blessed by her career coincidence, Kim would probably agree with the saying that a coincidence is actually God whispering in your ear and steering you toward exactly where you need to be. “This isn’t just my job,” says Kim with a big smile, “It’s my passion.”

Nutrition 101: Building Immunity

Nutrition is a huge factor in your immune system, so during the cold winter when we all seem to get sick, eating well is more important than ever. And the most important foods for healthy eating are fruits and vegetables.

Fruits and vegetables are packed with Vitamins C and D and minerals such as zinc and selenium. These nutrients are key to fighting off infections and viruses, and you need all of them for a strong immune system. While all fruits and vegetables contain vitamins and minerals, to get the balance you need and to be sure you’re getting the immunity nutrients, it’s important to eat many different types of fruits and vegetables. In other words, an apple a day is really good for you, but it’s not all you need to keep the doctor away: you also need things like leafy greens, root vegetables like carrots, and many others.

The easiest way to be sure that you and your children are getting the full range of fruits and vegetables is to use the rainbow approach: be sure meals throughout the week include many different colored fruits and vegetables. Gordon County school cafeteria meals are *(cont’d on p. 4)*



Be on the lookout for superheroes coming to your school! You can “Take Off With School Breakfast” during National School Breakfast Week, March 7-11, 2022. Your school cafeteria will be filled with fun decorations and some surprise superheroes serving your breakfast.

Nutrition 101: Building Immunity

(cont'd.) planned to include fruit at every breakfast and lunch, and vegetables of different colors, so our students have an easier time getting color in their diets.



Focusing on lots of fruits and vegetables and “eating a rainbow” will go a long way towards a healthy immune system and a better, healthier winter.



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This institution is an equal opportunity provider.

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