



# TRUEBLUE VIEW

JANUARY

## Happy New Year TrueBlue Coordinators!

Thanks to you and all of your hard work, Georgia Natural Gas ended 2009 by donating more than \$314,000 to Georgia Schools! Now that's TrueBlue!

With this said, it's a new year and it's cold outside! Get people in your school community thinking about who their gas provider is and if they aren't with Georgia Natural Gas, tell them the "TrueBlue" reason for switching!

The TrueBlue Schools program is happy to announce its' partnership with the following programs and organizations:

- Georgia Department of Education - Georgia Schools of Excellence Program
- Georgia Department of Education - Georgia Teacher of the Year Program
- Georgia Public Broadcasting's Academic All-Star Athletes Program



Stay tuned for pictures and details about how the TrueBlue Schools program is impacting Georgia schools and families in February's *TrueBlue View*.

## Winter Quarter Donation Checks

The second round of quarterly TrueBlue donation checks will be sent to your school in the coming weeks! Be on the lookout for your donation check from SouthStar Energy.

If you haven't received a donation check it may be because you have not sent us your school's W-9 form. So, please get your W-9 forms in so your school can receive donations! They may be faxed to (404) 685-4030, Attention: TrueBlue Schools, emailed to [JenniferLull@trueblueschools.com](mailto:JenniferLull@trueblueschools.com), or mailed to P.O. Box 78760, Atlanta, GA 30357.

## FREE Healthy Eating Lesson Plans To Be Mailed To You and Your Principal This Month

In addition to contributing invaluable funds to Georgia's schools, the TrueBlue Schools program also provides healthy eating tools, tips, and techniques to help Georgia schools and families develop healthier habits.

In an effort to support and promote the message of healthy eating, lesson plans have been created that can be utilized in the classroom to get students fired up about cooking and eating healthy!

The lesson plans meet Georgia Department of Education standards and guidelines and were created specifically with teachers' current needs in mind.

In addition, these lesson plans

- Integrate all core curricula such as reading, science, social studies, mathematics, etc.
- Are "scalable" - meaning they are chock full of ideas for all ages and levels K-12
- Are interactive and healthy
- Are ready-made with instructions on how to implement
- Encourage creativity in the classroom
- Help to take healthy eating from the classroom to the kitchen

We are mailing both you and your principal a copy of the lesson plans this month.

We encourage you to pass copies of the lesson plans to your PTA presidents, teachers, and other educators. Also, you can download the lesson plans at <http://www.trueblueschools.com/cooking.asp>

Log on to [trueblueschools.com](http://www.trueblueschools.com) every month to find new recipes and ideas for easy, creative meals that you and your kids will love. Be sure to watch the healthy eating Webisode with your family. It's full of fun, fascinating food facts . . . and some simple breakfast, lunch and dinner ideas too!

Congratulations to the top five earning schools and their TrueBlue Coordinators for all of their hard work in raising the following amount of money to date:

1. Pope High School, Marna Friedman  
\$8,540
2. Northwestern Middle School  
\$8,355
3. Norcross High School,  
Jackie Thunhorst  
\$5,840
4. Christ The King School,  
Camille Naughton  
\$5,545
5. Blessed Trinity Catholic High School,  
Kate McWilliams  
\$5,400



In addition, TrueBlue Schools is excited about its new "Big Check Patrol" that will be visiting its' top earning schools over the next few months! Stay tuned for pictures and details about the "TrueBlue Check Patrol" in February's *TrueBlue View*. Make a resolution that your school will be a TrueBlue top earner in 2010!

*Thank you again to all of you who took the time to fill out a TrueBlue Survey in December! We received a lot of valuable feedback that will be used to improve and grow the TrueBlue Schools Program in 2010. Your comments and thoughts are invaluable.*

*Congratulations to **Bianca Rios** from **Dobbs Elementary School**, winner of the \$200 Target gift card. Be sure to read your emails for future TrueBlue contests and other fun rewards opportunities. It pays to be TrueBlue for your school!*

## TrueBlue Website Coordinator Tool

Did you know that there is a "tell a friend" tool on the TrueBlue Schools website? You can easily share the details of the TrueBlue Schools program with other parents, family members, work associates, and members of your school community just by filling out a simple form and clicking send. The email about the program is already written for you! It's just that easy. Check out "the tell a friend" tool at <http://www.trueblueschools.com/refer.asp>.

## Healthy Eating Tip

**A Healthy Pizza Pie? Now That's Amore!**



Did you know that pizza sauce is a fun and tasty way to eat tomatoes, which are loaded with vitamin A and lycopene? They are known to be among the best foods for overall health and are a preventive way to fight cancers. In addition, mozzarella cheese is packed with nutrients like calcium, potassium, vitamin D, and protein - all of which are especially

important for bone health during childhood and adolescence.

Check out Jennifer Bushman's ***Crusty Pizza Bites with Tomato Dipping Sauce***

<http://www.trueblueschools.com/cooking.asp> to read about how easy and fun it is to make these for the whole family and get some other healthy, tasty food and snack ideas, too!



### WE WANT TO HEAR FROM YOU!

Email us your TrueBlue success stories, ideas, or photos so that we may feature your school in our *TrueBlueSchool* Spotlight. We want to hear what you are doing!

Please email us at [jenniferlull@trueblueschools.com](mailto:jenniferlull@trueblueschools.com) or call us at 678-457-7196.

[trueblueschools.com](http://trueblueschools.com)