



Nibbles - A Little Something To Nosh On From Food2You Catering

'Tis The Season...To Be Thankful!

To all of you who participated in our first food drive recently, **THANK YOU!**

It was a tremendous success; together we collected and donated SO MUCH (we nearly filled four vans!!!) to Common Pantry, who in turn provides emergency food & personal items to about 1,000 people monthly, helping to combat hunger and food insecurity.

As we turn our thoughts to all things holiday, please do what you can for those in need – this has been an especially tough year for so many, and we are grateful every day for each of you.



In January, we'll be bringing back our mobile soup kitchen, delivering hot, ready to eat food to area homeless. We are hoping to have a meal-match program this season and will be in touch soon with details and ways to help.



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Shine A Light

A few weeks ago, Betty Hall from Bright Horizons at Mount Prospect asked me to participate in the 15th annual “*Read For The Record*” event. I was thrilled to say yes! On Thursday, October 29 I read – virtually – *Evelyn Del Rey Is Moving Away* by Meg Medina to a classroom of kids. I hope the kids had as much fun listening as I did reading!

Just like we at Food2You believe a nutritious and delicious diet is of primary importance to raising healthy kids, we also believe early literacy is key. Why early literacy? According to Jumpstart –

Birth to five:

children with access to high quality early education programs enter kindergarten better prepared to succeed

Lifelong impact:

long-term outcomes of high quality education programs include higher high school graduation rates and higher earned salaries

\$1 spent = \$13 saved:

high quality early education programs provide the greatest return on social investment documented in social science. Every dollar invested saves taxpayers up to \$13 in future costs

Jumpstart’s Read For The Record day engages over two million participants with the goals of raising awareness about the critical importance and impact of early literacy; making high-quality children’s books accessible for all; and providing support for Jumpstart For Young Children’s work with early learners in underserved communities. Once a book is selected, young readers and adults read it on the same day across the country and around the world. If you aren’t already involved, **I highly encourage you to check out this program!**



Covid-19 Safety Policies

While the Covid-19 crisis continues to affect our daily lives, we remain committed to delivering the highest quality food and service to our community of daycare facilities. We continue to follow CDC guidelines to ensure the safety of our staff and colleagues. For more information, please visit our [webpage](#).

Thank you for letting us be a part of your daycare family!



We're All A Little Punchy Lately

Prep time: 10 minutes

Holiday Punch Serves: 30

Note: We recognize that this is not the year for large group celebrations. This recipe can be easily modified down for a small gathering. The flavors are good and we hope you are able to safely celebrate with your pod.

This flavorful holiday punch is easy to make and packed with vitamin C. Kids & adults will enjoy the look and flavor – and if you'd like to make it boozy, add a spiced rum, whiskey or vodka for the adults. Cheers!

Ingredients:

64 oz apple cider
1 c spiced syrup (store bought in the coffee section, or you can make a spiced simple syrup or ginger simple syrup)
2 c frozen cranberries, divided
1 apple, sliced
1 orange, sliced
22 oz sparkling blood orange juice, chilled (or fresh-squeezed OJ + club soda or ginger ale)
1 (750mL) bottle sparkling grape juice, chilled (or ginger ale or sparkling citrus soda)
Frozen cranberries and cinnamon sticks for garnish

Directions:



In a large pitcher combine the apple cider and spiced syrup and stir well. Add about half of the frozen cranberries and all of the apple and orange slices to the pitcher. Cover and refrigerate overnight (or at least three or four hours) to allow the flavors to combine. Keep the remaining cranberries frozen.



When ready to serve, add the cider-syrup combo and all of the fruit to a punch bowl. Finish it off with the sparkling blood orange and grape juices and stir. (If you are using a smaller punch bowl, mix about half of the three liquids in it and combine the remainder in the apple cider pitcher and store it in the fridge to refill the punchbowl as needed.)



Ladle the punch into individual glasses, adding a few frozen cranberries to each to keep the drinks cold. Garnish each glass with a cinnamon stick “stir” as well.



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