

NEWSLETTER

WHAT'S BEEN HAPPENING AT FOOD2YOU

2022 got off to a busy start for us here at Food2You! While challenges persist, every week continues to improve and after so, so, so many supply chain disruptions, our sourcing is starting to get back to normal. So much so that we (finally) officially launched Meatless Mondays with the March menu. We hope your kids like it!



While we remain grateful for being busy, we also recognize that there are many in need, and recently our staff volunteered to help out some of the homeless in our area. In partnership with **Howard Brown Health**, we prepared and delivered some warm, home-cooked meals while representatives from HBH provided resources, support and medical assistance where needed.

Yours truly was interviewed for the Private Intelligence feature in Crain's Chicago Business recently, **"The Virtue Of Taking A Slow Approach To Growth."** My mom is proud!

But enough about us....



Have you got any exciting news to share? If you've got something you'd like to share, please send it our way and we'll see if we can work it into our next newsletter or share via social. We're always happy to shine a light on all the good and important work you all are doing. Please feel free to send it to jgaldes@grapevinpr.net and she'll be in touch.



HAVE YOU TRIED MYPLATE?



We recently came across this great site, **MyPlate.gov** - it's filled with all sorts of beneficial and easy to use information, including tips, recipes, videos, infographics and more. Right off the bat, you can take a short quiz to test your food knowledge and get your personalized plan for better eating.

Data shows an increasing number of children and teens are eating more meals and snacks away from home. By encouraging kids to cook, you can help them form good eating behaviors that can last a lifetime, as well as build healthy lifestyle skills, spark creativity and make overall better food choices. Got a fussy eater? If you make them part of the kitchen crew and get them to help prepare snacks and meals, they will be more likely to try those items.

Some of the benefits of cooking with kids include –

- *Cooking builds self esteem. Children develop confidence, responsibility and independence when they help prepare a meal or snack.*
- *Not only are you teaching when involving kids in meal prep, you are also providing them with a sense of accomplishment. They will be proud to show off their creations.*
- *Cooking breeds creativity. Get them in the kitchen and who knows, you may have the next Julia Child or Rick Bayless on your hands!*

If you are ready to get your little one in the kitchen with you, a few tips to keep safety front and center -

- Everybody - wash your hands, scrubbing for at least 20 seconds!
- Tie long hair back and wear short sleeves.
- Teach your children about what surfaces and objects in the kitchen will be hot. Show them which utensils are sharp and need supervision to use.
- Keep an eye on cords, so young kids aren't tempted to pull at them.
- Cooks of all ages should place pots and pans with the handles away from the stove.
- Using **color-coded cutting boards like these** helps to teach kids about cross-contamination.

Kids ages 5 - 7 may be able to perform the following tasks with supervision:

- Collecting ingredients
- Assisting in measuring ingredients
- Pouring, stirring and mixing by hand
- Setting the timer

Around ages 8 - 10, they may be able to help perform tasks such as:

- Preheating the oven and using the microwave
- Using a blender with assistance
- Using a knife to cut, slice or dice with supervision

BBQ TURKEY JOE SLIDERS

Prep time: 30 minutes

Yields: 8-12, depending upon the size of the bun



Little kids can help measure the spinach - yep, sneak in some spinach! - and count out the buns, big kids can help stir the meat and assemble the sliders.

INGREDIENTS

1 T vegetable oil

1 lb ground turkey

4 T BBQ sauce

½ c chopped spinach (frozen or fresh)

Multigrain buns - either 8 sliders or
12 mini dinner rolls

Dill pickle chips

DIRECTIONS

Heat oil in a large nonstick skillet over medium-high heat. Add meat and cook, stirring frequently, until it begins to brown (about four minutes). Stir in BBQ sauce and cook for two more minutes. Reduce heat to low, add about 1/3 c water and simmer for eight minutes. Stir in spinach and cook, partially covered until heated through (about five minutes). Drain any excess liquid.

Scoop onto buns, top with pickles and enjoy!

60 A DAY

Kids need 60 minutes of activity every day. That may sound like a lot - everyone is overscheduled these days, we get it - but those 60 minutes don't need to happen all at once. **Move Your Way** is a great site to help you find ways to squeeze in activity throughout the day. As you move down the page, you can use the sliders to add time to the clock. You'll see how moving here and there quickly adds up to meet the goal!



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LET'S BE FRIENDS! PLEASE LEAVE A NICE COMMENT ON FACEBOOK IF YOU ARE SO INCLINED. YOU CAN FIND US ON SOCIAL HERE:



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