



NEWSLETTER

SUMMERTIME...AND THE LIVIN' IS EASY

Meatless Monday – Would You Do It?

We are always looking for ways to improve and broaden our offerings here at Food2You, and are considering joining the “Meatless Monday” movement. Started in 2003, Meatless Monday has blossomed into a global movement, with schools, restaurants, hospitals, home cooks and entire communities participating. It’s a simple message – Meatless Monday asks that you skip meat once a week, on Mondays.

Did you know that Mondays are the day that people are most open to making positive change?

Eating less meat and more healthy plant-based foods can help reduce the incidence of chronic preventable diseases, preserve precious land and water resources, and combat climate change. Starting each week practicing Meatless Monday can lead people to eat more fruits, vegetables and plant-based meals throughout the rest of the week. We think there might be an opportunity here to impart some good, healthy habits - for kids and grownups alike - and want to know if you agree.

Would you be amenable to Food2You joining the Meatless Monday movement, only offering plant-based meals on our Monday menus? **Please let us know by answering this one question survey.**

Go **here** for more information about the Meatless Monday campaign, including tips, resources and recipes.



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A low-angle photograph of the Statue of Liberty, showing her head with the crown and her right arm raised holding the torch. The background is a clear, light blue sky. The image is partially framed by a dark red border at the top.

SUMMERTIME FUN

School may be out for summer, but that doesn't mean the learning has to stop, right? If your kids are tied to screens, try pointing them to [this website](#). From the same team behind the namesake news magazine, Time For Kids allows you to filter by grade level (K-1, 2, 3-4, 5-6) and is filled with all sorts of interesting, topical and relatable news for kids. Some of the stories that caught our eye recently included this K-level one about [U.S. symbols](#) (think Statue of Liberty or the Bald Eagle); and this one about [working as a roller coaster engineer](#).

[Playmakers Laboratory](#) (formerly Barrel of Monkeys) teaches creative writing to young students, and then those student-written stories are adapted into sketches and songs, and performed locally. What a great way to celebrate and champion these young voices!

One of Chicago's best tour options for families, one that combines sightseeing, family time and outdoor activity, is the [Kid's Edition](#) Bike Tour, from Bobby's Bike Hike. This easy riding four-mile tour rolls along the lakefront and through Lincoln Park, and is good for kids of all ages (kids 8+ may ride solo, equipment is provided for kids 2 - 7).

Beginning July 2, the [Chicago Children's Museum](#) at Navy Pier reopens on weekends (Fridays, Saturdays, Sundays). Their FAQ page allows you to (virtually) explore by age group, to see what they have in store for the little ones.

[The Chicago Public Library](#) has a number of free programs and partnerships for kids of all ages. From homework help to financial literacy events, to Grab & Go Kits, virtual storytime and free museum passports, there are some great options to check out (pun intended!) here.



DRINK IT UP!

Kids (and adults) need to drink plenty of water all year long -- and especially in summer -- to stay healthy, hydrated, and active. A recent study showed that on any given day, 20% of the children in the U.S. don't drink any water! A lack of water can lead to dehydration, fatigue and headaches, it can contribute to obesity, affect performance in school and lead to other unhealthy habits and long-term health issues.

Pediatricians are recommending parents start offering plain water when they start introducing solid foods, and make it the first choice drink offered. While it can be challenging to get kids on board the water train, the rewards are proven and can be a good lifelong habit. Here are a few tips for getting more water into their daily diet.



Set an example and make it a habit: kids will model your behavior, so start from an early age and make it a practice.



Get rid of sugary drinks and make water the only option.



Add in foods like watermelon, cucumber, strawberries, lettuce, celery and tomatoes, which are all high water-content foods.



Spruce it up! Infuse water with cucumber, mint, oranges, lemons or berries. Or, add just a splash of juice to enhance the flavor. Consider getting each family member their own water bottle and fun straw to use.



Make it a p****ing match! Explain to your kids that the more water you drink, the lighter your pee is, and conversely, when dehydrated your pee is dark. The pee challenge!

Following are guidelines from WebMD regarding water intake for kids (keep in mind that if your kids are active, they will need more. Before and after play, give them 2 - 3 more cups, and during breaks make sure they are drinking 6 - 8 gulps).

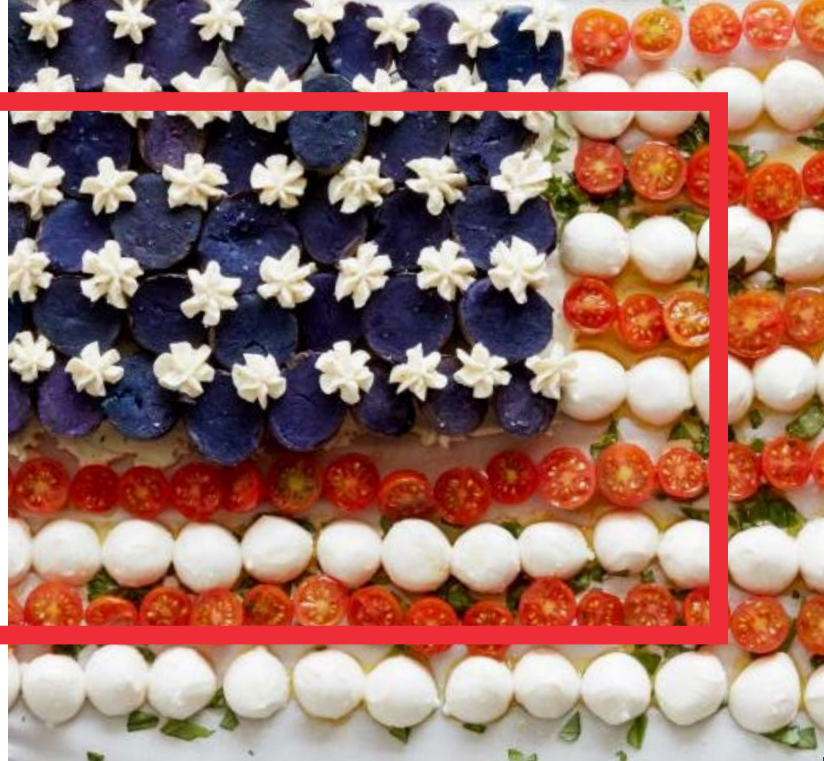
Toddlers: 2 - 4 cups

4 - 8 years: 5 cups

9 -13 years: 7 - 8 cups

14 and up: 8 - 11 cups

FOURTH OF JULY RECIPES



We've all seen the popular Flag Cakes at July 4th and Memorial Day celebrations, how about this **savory option from the Food Network?** A new spin on a Caprese Salad into a flag "cake" - we salute this idea!

And we love the **drink ideas** - cocktail and mocktail - from our friends over at **Bird Etiquette**. Check them out and enjoy!

“ Summer was on the way; Jem and I awaited it with impatience. Summer was our best season: it was sleeping on the back screen porch in cots, or trying to sleep in the tree house; summer was everything good to eat; it was a thousand colors in a parched landscaped; but most of all, summer was Dill.

Harper Lee, To Kill a Mockingbird

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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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