



## Nibbles - A Little Something To Nosh On From Food2You Catering

Get By With A Little Help From Our Friends  
Food Drive To Benefit Common Pantry  
Nov. 2 - 13

As we all try to navigate these turbulent times, we've been looking for ways to help those in our communities in need. Alongside several of our partner daycare centers, we are launching a food drive to benefit Common Pantry. Founded in 1967, Common Pantry provides emergency food & personal items to about 1,000 people monthly, helping to combat hunger and food insecurity.

From **Monday, November 2 – Friday, November 13** we'll have collection boxes for non-perishables located by the entries at several day care centers around town. Big thanks to all of our partner centers that are participating in this worthy cause!

Common Pantry is a 501(C)(3) nonprofit. For more information or to get involved, please visit [commonpantry.org](http://commonpantry.org) or email [jgaldes@grapevinepr.net](mailto:jgaldes@grapevinepr.net)



# Spooky Pumpkin Oat Cupcakes

Packed with fiber and lower in calories and sugar than most store bought treats!

**Prep time:** approx. 30 minutes

**Makes:** approx three dozen cupcakes

*Adapted from Everyday Health*



## Ingredients

6 c cereal, oat bran flakes  
2 t salt  
1 c sugar  
5 c whole wheat flour  
5 t baking soda  
1 T ground ginger  
1 T cinnamon  
1 c raisins, golden  
2 large eggs, beaten  
15 oz pumpkin, solid pack  
2 t vanilla extract  
1 qt low-fat buttermilk  
3/4 c canola oil

## Instructions

- 1 Preheat oven to 400 degrees F. Line muffin pans with cup liners.
- 2 In a large bowl, mix together cereal, salt, sugar, flour, baking soda, ginger and cinnamon. Stir in raisins.
- 3 In a separate bowl, combine remaining ingredients and stir until blended.
- 4 Mix wet ingredients with dry until batter just holds together. Do not overmix.
- 5 Spoon batter into muffin cups (about 2/3 full) and bake for 17 minutes or until a tester comes out clean.

## For frosting

Beat 12 oz Neufchâtel (low fat) cream cheese, 1/2 c of confectioners' sugar, 2 T low-fat plain Greek yogurt, and a 1/2 t of vanilla extract in a mixing bowl until smooth.



## Shine A Light

For our first newsletter, we thought we would shine a light on our chef, Charles Jones. Charles has been with us almost since day one; he knows this place inside and out. He's a Chicagoan through and through, and grew up in one of those families where recipes are shared and passed down, where the kitchen is the heart of the family home. While he had some tough adolescent years, he has grown into an extraordinary person and we are so happy to have him leading our kitchen team. A few nibbles from Charles:

**What's your guilty pleasure thing to eat?**  
Snickers Bar

**What food item do you never eat?**  
Cottage Cheese

**Kitchen tool you couldn't live without?**  
A properly razor sharpened knife

**Best kitchen tip / hack to share?**  
Be two steps ahead in your head

**Cubs or Sox?**  
CUBS!



## Covid-19 Update

While the Covid-19 crisis continues to affect our daily lives, we have committed to delivering the highest quality food and service to our community of daycare facilities. Below are a few examples of how we are adapting our processes and routines to keep our employees and customers safe, healthy and thriving.

- Contact-free delivery
- Personal protective gear for all staff
- Socially distanced workstations in our kitchen
- No non-essential visitors to our facility
- Daily temperature checks
- Increased handwashing schedule
- Face masks, hand sanitizer and gloves for all staff



We're having our Sally Field moment...please leave a nice comment on Yelp if you are so inclined, and find us on social here -



[food2youinc.com](http://food2youinc.com)

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