

Fall 2022 Newsletter

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food2you

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Tonight's Forecast

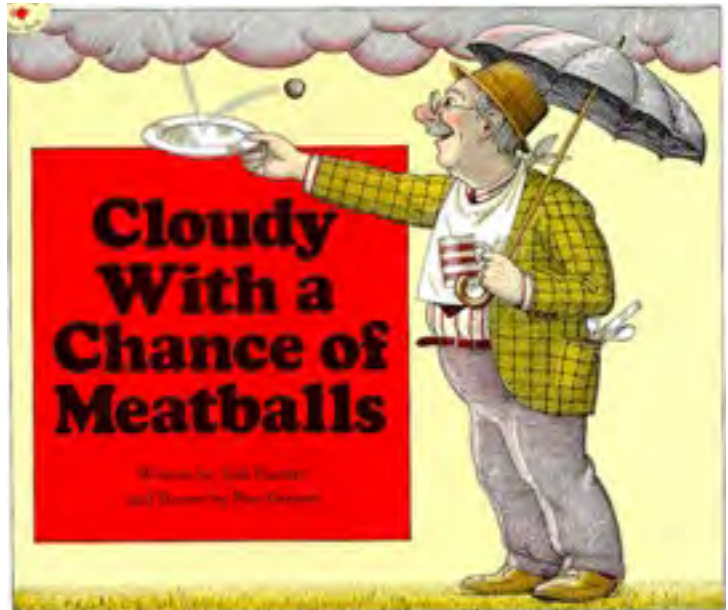
Cloudy With a Chance of Meatballs

Many parents consider back-to-school season the most hectic and stressful time of the year. It can take a toll on tots too who often act inordinately clingy or fussy upon return from daycare or school.

How to cook dinner when the kids are demanding full attention or spiraling towards a full blown tantrum? Minimize meltdowns by engaging in a fun and interactive activity to connect and decompress. Treat your tyke to some cozy reading time all snuggled up....and choose a book that features food or a delicious dinner scene.

Then get creative! "Recreate" the dish in the story to serve for dinner. There are plenty of kid's chronicles about mealtime, but our favorite is [Cloudy With a Chance of Meatballs](#) by Judi Barrett.

This clever, delightfully funny classic depicts a town where food has gone wild



Cloudy With a Chance of Meatballs

– meatballs and other tasty treats rain regularly from the sky. Yum! It's a fun story that will set a sunny mood and get kids to help in the kitchen. If it isn't already on your bookshelf, you can borrow it from the library chicagopubliclibrary.com or purchase it here [Cloudy with a Chance of Meatballs - Barnes & Noble](#).

“

If you want your children to be **intelligent**, read them fairy tales. If you want them to be more intelligent, read them **more fairy tales**.

- Albert Einstein

Turkey Meatballs

Chef Charles' take on a classic sandwich

Our own Chef Charles has created a healthier meatball recipe, made with ground turkey and baked in the oven. Simple to make and more than delicious to eat, these cheesy meatballs are packed with protein. Kids can help chop, stir and roll - we recommend donning disposable gloves first for quicker clean up.



Serves 4-6

Ingredients

- 1 lb ground turkey
- 1 egg
- 1 small yellow onion
- 1 tsp garlic, crushed
- $\frac{3}{4}$ cup of Parmesan cheese
- $\frac{1}{2}$ cup of Italian bread crumbs
- 1 handful of fresh parsley, chopped
- 2 T olive oil
- 8 oz container of fresh Mozzarella "pearls" or petite balls
- 1 tsp salt

1. Preheat oven to 400°
2. Chop parsley, dice onion, crush garlic.
3. In a large bowl, mix together all ingredients thoroughly (except the Mozzarella) before adding the turkey.
4. Add turkey and combine; for optimal tenderness, do not over mix.
5. Roll into balls, approximately 1.5-2 inches in diameter.
6. Push one Mozzarella ball into the center of each meatball, taking care to cover it completely.
7. Place balls on a flat cookie sheet lined with foil and bake to proper temperature, approx. 20-25 minutes.
8. Enjoy right out of the oven when they are juicy, cheesy and delicious! Sandwich between a toasted bun and garnish with fresh basil for delicious meatball sliders your kids will love! Bon Appetit!

Recipe by: [Food2You](#)

Navigating Nutrition: Rise and Dine



September Brings National Better Breakfast Month

Nearly half of all American families regularly skip breakfast. Is your family one of them?

With early start times, kids to dress and pets to feed, it is easy to see why making time for breakfast can be a real struggle. But there are important health reasons why breakfast is considered the most important meal of the day.

Food2You's registered dietitian Betsy explains, "young children likely have not eaten in 11-12 hours or more when they get up in the morning, which can make their bodies slow and sluggish. Eating breakfast actually signals our brain to 'wake up,' and replenishes our store of energy and nutrients. Breakfast foods are also rich in key nutrients - such as folate, calcium, iron, and B vitamins - which little bodies need to help them think, learn and power through the day."

According to the American Academy of Pediatrics (AAP) eating a balanced breakfast can also:

- Boost memory and brain power
- Increase attention span
- Decrease irritability
- Help maintain a healthier body weight
- Mean fewer behavioral problems

At Food2You, we understand the morning rush to get out the door so we take exceptional care to curate balanced, nutrient dense breakfast menus each morning for your kids. You can feel assured your little ones will eat a great breakfast - complete with fresh, locally harvested fruits, homemade granola, and fiber-rich breads & entrees. Organic milk, yogurt and proteins are featured on our menu daily. Most importantly, the kids tell us breakfast tastes delicious! We love what we do and we love cooking for you.

Fun Breakfast Activities for Kids

Kids can learn about the power of breakfast too. Download these fun printable activities from Nourish Interactive and help them design their own ideal breakfast:

- [Food Magic - Energize Your Brain](#)
- [Draw Your Healthy Breakfast!](#)

Breakfast Around the World

What do kids eat for breakfast across the globe? Pancakes for sure, but in different forms and names...crepes, blinis, pfannkuchen and more. Check out the [Pancakes of the World Map](#), plus a way to make the best pancakes from 15 different countries with the [Perfect Pancake Calculator](#).

Think Breakfast Dance

Get your breakfast groove on with the [Think Breakfast Dance](#). Kids will have a blast, burning off some energy and shaking the sillies out!



Simply Irresistible

Chocolate Banana Pops

Need a full flavor snack for after school? Try these healthier kid-approved pops with a whole serving of fruit!



Serves 4-6

2-4 medium ripe but firm bananas

4-6 wooden craft sticks

8 oz. semisweet or dark chocolate, chopped

Nut-free granola, sprinkles, pretzels, sunflower seeds, or dried fruit

- 1** Peel bananas, cut each in half crosswise and insert a craft stick in the end of each one.
- 2** Place on a tray, covered with waxed paper; freeze until frozen (2-3) hours.
- 3** Once the bananas are frozen, melt the chocolate in a double boiler if you have one or in the microwave in 20 second increments stirring in between.
- 4** Place melted chocolate in a narrow glass jar or tall glass (that's heat safe).
- 5** Dip frozen bananas, one at a time, into the chocolate, making sure to cover them entirely.
- 6** Sprinkle the coated bananas with nut-free granola, crushed pretzels, sprinkles or other toppings.
- 7** Set on a sheet of waxed paper and allow chocolate to harden. Enjoy!

World Food Day & Food2You Fall Food Drive



In support of the United Nations' World Food Day observances, we will host our annual food donations drive this year with our partner centers, **October 3-14**. Over 10 percent of the world's population suffers from hunger even though enough food is produced. Our drive aims to help fight food insecurity in our neck of the woods and will benefit Chicago's Common Pantry, a 501(C)(3) nonprofit. **If you'd like to participate, please let us know if you haven't already!**



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Visit food2you.com for fall menus and more information. Any thoughts or suggestions? We'd love to hear from you! Email us at info@food2youcatering.com.

Please follow us on Instagram and Facebook for weekly nutrition tips, prizes & giveaways, fun food ideas and more!

