

## NEWSLETTER

# HOLIDAY CHEER

The festive madness of the holiday season is once again upon us, and we would like to take a beat, take a breath, and take a moment to reflect upon this past year. After all the challenges of 2020 -- some of which spilled over into 2021 -- we could not be more grateful to our staff, our families, and to you, our work family. We are so glad to have come through this year together with all of you, and we raise our proverbial glass to you and yours and wish you all the best in the year ahead.

And a special thank you to all of you who participated in our annual donation drive! Together we donated over 2250 pounds of goods to Lakeview Pantry!

**Cheers to you!**



**food2you**






# BIGGER MAY NOT BE BETTER

Roughly one in six children in the United States is obese, according to a recent study by the Robert Wood Johnson Foundation, and experts fear the pandemic may make that startling statistic even worse. While Illinois has improved, we still have a ways to go.

In addition to the potential lifelong health risks associated with childhood obesity, in the US alone childhood obesity is estimated to cost \$14B - billion! - annually in direct health expenses. See the **[full report here, with recommendations to help all children grow up healthy.](#)**

One of those recommendations is on the Stories page, **[Bold Solutions for Healthier Kids and a Healthier Planet.](#)** The “global syndemic” of obesity, hunger and climate change are inextricably linked, “Children have the right to grow up in a healthy environment. It’s our responsibility as adults and leaders to protect their health and our planet now—and for generations to come.” Inspiring!



If you need some inspiration, we found some [great tips here](#) from an exercise physiologist with the Children's Hospital of Philadelphia, some fun ideas to help kids (and adults) stay active through our long, cold winters. Check it out for plenty of ideas to get everybody moving. Snowball fight, anyone?

# HOLIDAY BREAKFAST CASSEROLE

Feeding a crowd over the holidays? This healthier, Mediterranean-inspired breakfast casserole is a great way to start your day.

**Prep time: 20 mins, total time 1 hour**  
**Serves: eight**

## INGREDIENTS

- 1** 10 oz package frozen chopped spinach, thawed
- 1** 9 oz package frozen artichoke hearts, thawed *(if using canned, they are higher in sodium so rinse, squeeze and dry before using)*
- ¾ c** sun-dried tomatoes, chopped
- 1 T** extra virgin olive oil
- 2** cloves garlic, finely chopped
- ½ T** crushed red pepper
- 1 T** lemon zest
- 2 c** low-fat milk
- 5** large eggs
- 1 c** crumbled feta cheese
- 12 oz** rustic whole wheat bread, torn into 1" pieces *(about 8 cups)*

## DIRECTIONS

Preheat oven to 350 degrees F. Remove as much liquid as possible from the spinach by squeezing it in a clean kitchen towel or paper towel. Combine spinach and artichoke hearts in a medium bowl.

Cook tomatoes, oil, garlic, red pepper and lemon zest in a small skillet over low heat, stirring often, until fragrant and the garlic is golden brown, three - four minutes. Stir into the spinach mixture.

Whisk milk and eggs in a large bowl. Add spinach mixture, feta and bread and gently combine until the bread absorbs the liquid. Spoon into a 13 x 9 glass or ceramic baking dish and let stand at room temp for 20 - 30 minutes. Bake until set and beginning to brown, about 35 minutes. Let stand 5 - 10 minutes before serving.

**Recipe courtesy of Eating Well**



# TREAT YOURSELF!

Two recipes in this edition, because, well, why not? This is the best kind of recipe - easy, minimal ingredients, tasty and nutritious! Pomegranates are loaded with important nutrients and if you go with dark chocolate, you up the ante.

## CHOCOLATE POM POMS

**Prep time: 15 minutes + 20 mins chill time**

**Serves: 20**

**1/2 c** semi-sweet or dark chocolate chips

**1 1/4 c** pomegranate seeds

Melt chocolate. Line a mini-muffin tin with liners and pour 2 teaspoons of melted chocolate into each cup. Sprinkle in pomegranate seeds and drizzle with more chocolate. Refrigerate until firm, about 20 minutes. Unwrap to serve and enjoy!

## ICYMI

From The Daily, the podcast from the New York Times - **Is Child Care A Public Responsibility?**

"Many Americans pay more for child care than they do for their mortgages, even though the wages for those who provide the care are among the lowest in the United States. Democrats see the issue as a fundamental market failure and are pushing a plan to bridge the gap with federal subsidies. We went to Greensboro, N.C., to try to understand how big the problem is and to ask whether it is the job of the federal government to solve."



Recently, I was on WGN Radio, the Business Lunch segment with John Williams. We talk a little bit about Food2You, **you can listen to it here.**

From NPR: **Public schools are having a tough time feeding kids, facing labor shortages, supply chain and sourcing issues.** We can relate.

The Today Show rounded up **some of the funniest social media posts from parents.** You can relate.



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