



SPRING '22

## HAS SPRING FINALLY SPRUNG?

It feels like this entire city has spring fever, doesn't it? Between the past few years of the pandemic and our slow start to spring, we are itching to get outside and have some fun in the sun. Here are a few of our favorite ways to have a little throwback fun with the family:

- **Make a birdhouse with your kids.** It's a great family project, one you can jump-start by finding a birdhouse kit at your local craft store or you [DIYers can build your own](#).
- **Who doesn't love blowing bubbles?** All you need is water, dish soap and glycerine to mix up a batch of bubbly fun for kids of all ages. Grab a wand - regular, multi-holed, or giant - and let the soapy fun begin!
- **Plant something.** Whether you have a container garden, porch patio or garden beds, you can get the little ones in on the growing action. Head to your local garden center and let them pick out a starter vegetable they can plant, grow and eventually eat. This is a great seasonal project, teaching them how to care for the plant, to nurture it, and when the time is right, to harvest it. At that point, they can be kitchen helpers, working that produce into a recipe, and will have a true hands-on experience learning about where their food comes from.
- **Got any budding entrepreneurs on your hands?** How about having them set up a classic lemonade stand? They will learn the building blocks of running a business when you work together to come up with a name, set your menu and prices, do some advertising / social media strategizing, build and decorate the stand, and sell, sell, sell. [Especially since you no longer need a permit or license to do so! Talk about making lemonade...](#)



**food2you**

# Waste not...

Did you know that nearly 1/3 of all food produced around the world is discarded or wasted? That is over one billion tons every year - and the US is a big contributor to the problem. Tossing food isn't only a waste of money, that food goes to landfills where as it rots, it releases methane gas, which leads to climate change. Here are a few things you can do at home to lessen your food waste impact:

## 1.

Embrace the "ugly" - Imperfect foods (aka ugly foods) get passed up by demand for picture perfect produce and lead to millions of pounds of food wasted annually. Show these ugly fruits and vegetables some love by asking for them at your grocery store, or at your local farmer's market where these perfectly good items are often offered at a reduced price. There are also [websites like this one](#) to have imperfect foods shipped directly to your door.

## 2.

Keep your fridge organized and store food in clear containers, so you can easily see what's in there. And remember the golden rule of food storage, FIFO - that's first in, first out. Make sure and rotate the older items to the front when adding newer items.



## 3.

Skin is in!

So many nutrients are located in the produce (apples, potatoes, kiwi, cucumber, carrots and mangoes to name a few) and poultry (chicken) skin. You can add them to smoothies (along with stems - think kale, and tops - strawberries, carrots, beets) for a nutrient punch. The peels from citrus fruits, apples and cucumbers can spruce up your water, and after you drink it, those peels can be added to your smoothie or [composted](#).

## 4.

Speaking of composting, in addition to produce, did you know your coffee grounds can be composted? In addition to being a natural mosquito repellent (sprinkle used grounds in grassy areas), your coffee waste is an excellent fertilizer for plants. Coffee grounds are high in nitrogen, phosphorus and potassium, which are great for plants. [Here's a great primer to get you started.](#)

With a little effort and minimal changes to the way we use and consume food, we can save money and reduce the impact on the environment. Win win!

## IN CASE YOU MISSED IT

CBS Sunday Morning recently aired a piece on the [struggles in the child care industry](#).

For the first time in almost 20 years, the CDC and the American Academy of Pediatrics have updated guidelines for developmental milestones in the [Learn the Signs. Act Early](#) program. From the website "From birth to 5 years, your child should reach milestones in how (s)he plays, eats, acts and moves. Track your child's development and act early if you have a concern."

From NPR: [What parents can do in light of the nationwide baby formula shortage](#), and from NBC Nightly News, [White House response to baby formula shortage](#).



## RAINBOW

### Spaghetti

John, our operations director, was telling me about the rainbow spaghetti he recently made for his nieces and nephews. What a fun idea!

Simply take cooked spaghetti, divide it into Ziploc bags and add a few drops of food coloring. Shake to coat and rinse with cold water. Combine in a large bowl, toss with melted butter (you can do this in a pan over medium heat to warm it back up if desired) and sprinkle with parmesan. Season with salt and pepper to taste and enjoy!



Reminder - we require a **72-hour weekday cancellation notice** for all orders. If you are planning on being closed, please give us ample notice so food does not go to waste!



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