



NEWSLETTER

NIBBLES - A LITTLE SOMETHING TO NOSH ON FROM FOOD2YOU CATERING

Shine A Light

We are proud to support Partnership For A Healthier America (PHA), an organization devoted to working with the private sector to ensure the health of our nation's youth by solving the childhood obesity crisis. You've probably heard of the *Let's Move campaign*; we are especially excited about their new *Shaping Early Palates* initiative.

The goal of this program is to create options to help parents raise veggie lovers by cultivating healthy palates and creating a lifelong desire for nutrient-rich foods -- especially vegetables -- among children. Introducing babies, toddlers, and young children to the savory and bitter flavors of vegetables helps train their early palates to accept and even enjoy these nutritious foods. Unfortunately, in order to make their products more palatable to young children, many companies in the marketplace rely on the sweet taste of fruit to mask the bitter flavors of veggies. Here at Food2You, we are committed to providing delicious & nutritious food to your kids.

Palate training is an essential but misunderstood and under-promoted strategy for imparting healthier eating habits to infants and toddlers. By working together, not only can we teach infants and toddlers to eat their vegetables, but to love them. For more information, please visit [A Healthy America/Shaping Early Palates](#).



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KEEP IT MOVING

Let's face it, we're all going a little stir crazy this season. It's tough enough keeping ourselves active and motivated in a typical Chicago winter, let alone our kids. One fun and family-oriented way to get in some activity together is to have a grab bowl of workouts. Call it what you like – Just Do It Bowl, Gimme 10 Bowl – the point is to make it fun and inclusive. Write down at least ten different exercises, each one on a slip of paper (do 20 jumping jacks, hold a 30 second plank, 20 sit ups, 10 burpees...) and drop the pieces of paper into a bowl. Then set a time – every morning and evening? – someone grabs a slip and the whole family does the exercise together. Work up to each person pulling a slip and you'll all be feeling the benefits in no time...

Here's a good article on the importance of keeping kids active in the winter and some good ways to get them moving. Have fun!

COVID-19 SAFETY POLICIES

While the Covid-19 crisis continues to affect our daily lives, we remain committed to delivering the highest quality food and service to our community of daycare facilities. We continue to follow CDC guidelines to ensure the safety of our staff and colleagues. For more information, please visit our [webpage](#).

Thank you for letting us be a part of your daycare family!



A BOWL FULL OF COMFORT

ROASTED CHICKEN NOODLE NONSOUP

Serves: four - six

Prep time: approximately 50 minutes

DIRECTIONS

1

Preheat oven to 350 degrees. Rub olive oil on chicken breast, season with salt and pepper and place on sheet pan. Roast for 35 - 40 minutes, until cooked through. Let cool then discard skin, remove the meat from the bones and shred or dice the chicken meat. Set aside.

2

Bring chicken stock to a simmer in a large pot and add the carrots, peas and noodles. Let simmer uncovered for about ten minutes, until the noodles are cooked. Drain chicken stock from pot and add the cooked chicken meat, basil and dry ingredients, combine and heat through. Season to taste and serve immediately.

INGREDIENTS

- 1 whole chicken breast (two split), bone in, skin on extra virgin olive oil
- kosher salt
- freshly ground black pepper
- 2 QTS low-sodium chicken stock
- 1 C green peas, fresh
- 1 C carrots, medium diced
- 2 C tri-color rotini pasta
- ¼ C basil, fresh, chopped
- 1 T oregano, dried
- 1 T onion powder
- 1 T garlic powder



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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:



food2youinc.com

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