



NEWSLETTER

WE ASKED, YOU ANSWERED

In our **last newsletter**, we asked if you would be open to us incorporating **Meatless Mondays** into our menus. The overwhelming majority (79%) of you are in favor, and we appreciate the insightful comments many of you shared, some of which are highlighted below. We are working to incorporate Meatless Monday into our menus, while staying compliant with DCFS and CACFP (the Child and Adult Care Food Program) guidelines. One thing to note is that we have always regularly offered vegetarian days and items on our menus; by joining the Meatless Monday movement, it's an opportunity for all of us to introduce this practice to your kids - it's good for them and good for our planet!

"THIS IS AWESOME! BE SURE THE DAYCARE CENTERS ADVERTISE THIS MOVEMENT IN RELATION TO YOUR ACTION, TOO!...THIS IS IMPACTFUL! :)"

"IT IS GOOD TO HAVE OPTIONS THAT COMMUNICATE HEALTHIER FOODS."

"THIS WOULD BE A MUCH WELCOME CHANGE. I WOULD LIKE TO SEE FEWER ANIMAL BASED PRODUCTS AS LONG AS IT DOESN'T INCREASE THE SODIUM LEVELS OR ALTER OTHER NUTRITION SIGNIFICANTLY."



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COVID UPDATE

Here we go again...hopefully we nip this in the bud this time around. In accordance with the new mandates, all Food2You staff will be masked up until further notice. We are strongly encouraging all staff to be vaccinated - we're almost at 100% compliance - and we'll be lining up for the boosters once available. We continue to roll with the punches and adapt our processes and standards accordingly to ensure our employees and clients are safe, and we can keep operations going throughout the school year.

RISE & SHINE

This is a go-to recipe for a quick, tasty and healthy breakfast. Aside from being rich in fiber, protein, and antioxidants, oats contain a wide range of vitamins and minerals - they are a nutritional powerhouse! Prepare this the night before and start the day off right.



OVERNIGHT APPLE-CINNAMON OATS

Prep time: 15 minutes, plus overnight refrigeration

Yield: 4 cups

INGREDIENTS

- 1 C** old-fashioned rolled oats
- 1 C** lowfat yogurt*
- 1 C** skim, nonfat milk or dairy-free milk
- 1 C** apple, chopped
- 1 T** cinnamon

Optional - chopped walnuts

Optional - chia seeds (these will make the oats creamier and thicker and chia seeds are loaded with nutritional benefits)

*if using plain yogurt, you may want to sweeten a bit (maple syrup, honey, or sugar with a dash of vanilla extract) or use vanilla yogurt

DIRECTIONS

Stir ingredients together in a bowl or individual mason jars, cover and refrigerate overnight. Add more chopped apple and cinnamon if desired. Serve cold or warm. Yum!



SHINE A LIGHT

Many of you know John Tamraz, our Operations Manager. John, who has a culinary degree, started with us as a delivery driver back in 2014 and quickly moved up the ranks, learning all aspects of our operations. A few nibbles from John:

What is your guilty pleasure food? Tacos. Pizza. I love peanut butter!

What won't you eat? Seafood and mushrooms.

Favorite dish to cook up at home? Stir fry or a simple pasta dish, something like this. Or a Cajun spiced pasta - bring the heat!

Cats or dogs? Don't tell my 13 year old cat, but I prefer dogs.

If you were a superhero, who would you be?

On Sundays, you'll usually find me....
at the beach or relaxing on the couch.



ICYMI

Here's a quick listen from NPR, some tips on how to get kids back to healthy habits. "Focus on healthy behaviors (mindful eating, moving your body), including more structured meal time and less all day snacking."

This article from the New York Times reminds us how important it is that schools and daycare centers and their workers be protected as we go back to school. "Babies and toddlers are less likely to bring the coronavirus into their homes than teenagers are, but once they are infected, they are more likely to spread the virus to others in their households."

The Chicago Tribune answers some questions about food safety as it relates to school lunches here.

And it's that time of year again...Building off of last year's successful donation drive, we are again working with you to donate goods to those in need. This year's campaign runs Monday, September 27 through Friday, October 8 and will benefit Lakeview Pantry. For more information, contact Jenn at jgaldes@grapevinepr.net

OPEN CALL

We are looking for someone to handle our social media. Know anyone? If so, please contact Jenn at jgaldes@grapevinepr.net for details.



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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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