

Spring 2026 Newsletter

Nibbles & News

The Best of Kids' Cuisine Since 2005

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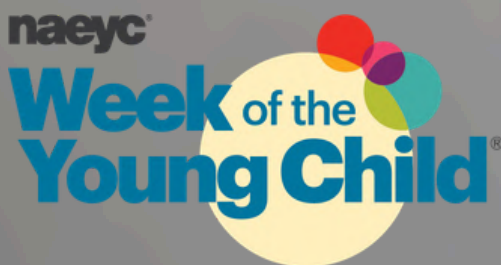
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Music Monday

Let's Go Fly a Kite!

Celebrate Week of the Young Child theme days with us! Explore music and rhythm with a variation on a classic! Kids can let their voices "soar" with this catchy spring tune:

*One little kite, up in the blue;
Along came another, then there were two.
Two little kites, over the tree;
Along came another, then there were three.
Three little kites, watch them soar;
Along came another, then there were four.
Four little kites, they act so alive.
Next came the last one, and then there were five!*



Tasty Tuesday

Snack Attack Bash

Calling all chefs! For our Tasty Tuesday activity, kids can spend a delicious afternoon creating their own signature snack. Arrange a "build-your-own" snack bar with colorful choices. Each child uses a small bag to collect their picks. Start with a crunchy base: whole grain crackers, mini rice cakes, dried seaweed snacks. Add some fruity fun: dried strawberries, bananas, cranberries. Innovate with creative toppings: yogurt balls, a shake of cinnamon, a sprinkle of cocoa powder. Help kids create fun names for their recipe, e.g. "Maddy's Mash Up!"

WORK TOGETHER WEDNESDAY

Hoop it UP!

Defy gravity and teach teamwork with the Magic Hoop Float activity! Kids must work together to keep the hula hoop suspended in air. Here's how it works: Arrange preschoolers in a small circle, index fingers firmly extended in front of them. Place a hula hoop on top of the collective group's fingers; watch as it "floats" in the air! Don't let your fingers slip! When everyone works together they can master this challenge and many others that come their way!



ARTY THURSDAY

Pasta Perfect Art

Let creativity take flight with our Pasta Perfect Art! Show your little artists how to paint bowtie pasta and spaghetti using colorful tempera paint. Turn your simple noodles into soaring works of art by arranging them into a whimsical kite shape. Glue onto colored construction paper; draw the kite's tail with a marker. Here's to messy, magical and masterpiece worthy!



FAMILY FRIDAY

Pamper in PJs!

Don your comfiest PJs and chill out together for a "Spa-tacular" Family Friday! Soothe and refresh by placing chilled cucumber slices on tired little eyes. Pamper yourselves with gentle hand massages, relaxing stretches and calming music for the ultimate cozy vibe. It's a mini spa escape for the whole family. What a fun way to wind down the week!



627 N. Albany Avenue, Chicago IL 60612
773 303-6565

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