



Summer 2025 Newsletter

# Nibbles & News

The Best of Kids' Cuisine Since 2005

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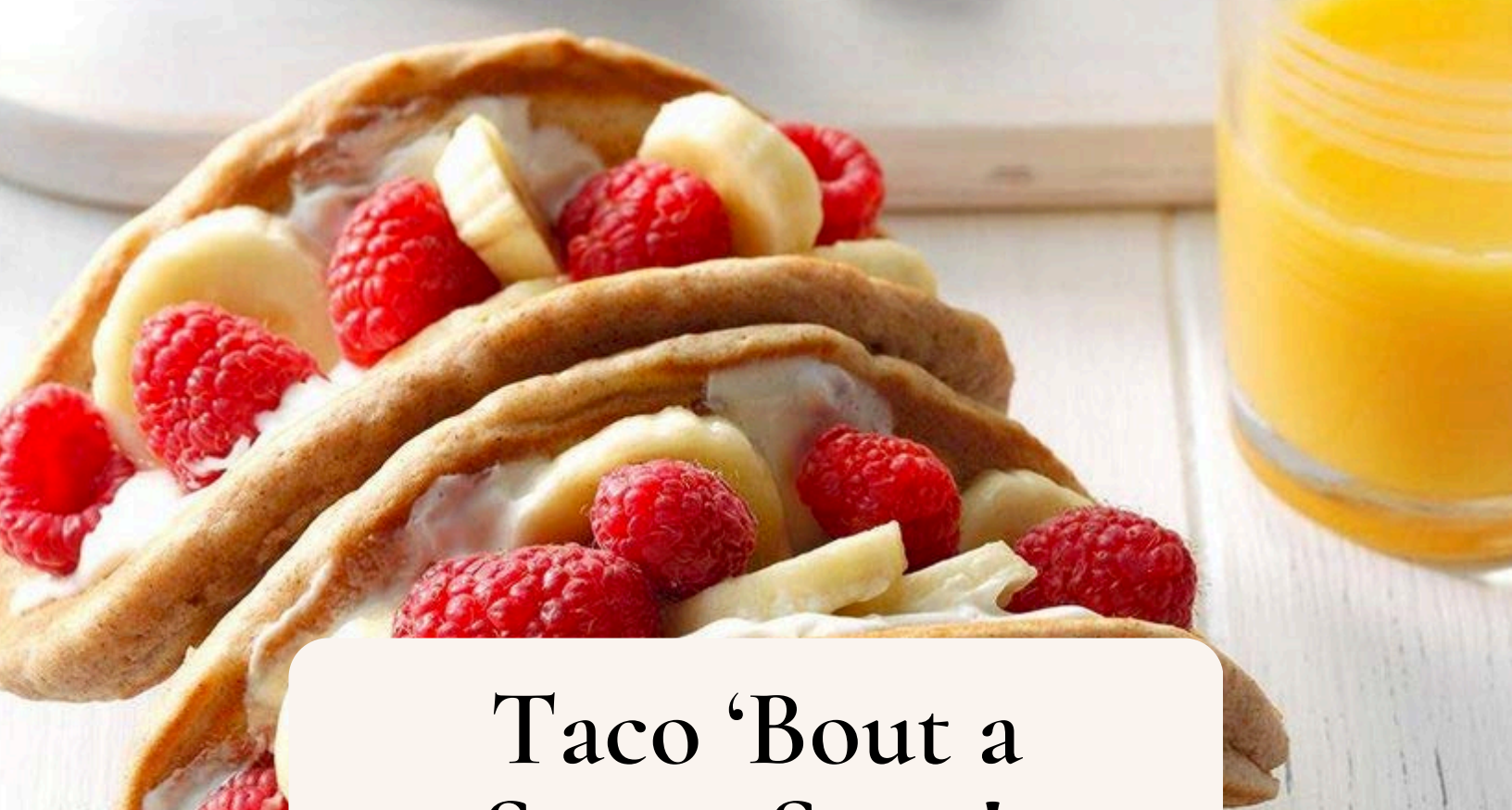
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***Be a Summer  
Superhero***



**food2you**





# Taco 'Bout a Smart Start!

## Healthy Berry-licious Breakfast Tacos

Turn boring weekend breakfasts into an adventure with these easy raspberry banana yogurt tacos kids can't resist!

### Ingredients

- Fresh raspberries
- Fresh bananas, sliced
- Greek yogurt, vanilla
- Pancake mix (milk, eggs if called for)
- Decorative toothpicks if desired



### Directions

1. Prepare pancakes according to package instructions. Set aside to cool.
2. Spread 2-3 T of vanilla Greek yogurt onto each pancake.
3. Slice bananas and place 4-6 slices in the middle of each pancake to form a line; intersperse with raspberries.
4. Fold pancake edges upward to form the breakfast "taco." Secure with a decorative toothpick or place in a taco holder to serve.
5. Bon appetit!





# HOMEMADE KAZOOS!

## For Mini Musicians



This summer, turn up the fun with homemade kazooos! Kids love to experiment with music and sounds. Indulge their imagination by helping them craft their own musical instrument with recycled items you have on hand. All you need is paint (or markers), empty paper towel rolls, waxed paper and rubber bands. Paint it, play it, let the kazoo parade begin! What a creative way to jam out while giving old materials new life.

### Instructions

- Decorate your cardboard tube: use acrylic paints, markers or stickers.
- Cut a small square of waxed paper (approx 5" x 5") to wrap around the end of the tube.
- Cover the end of the cardboard tube with the paper; secure with a rubber band or hair tie.
- Using a sharp pencil or pen, poke several tiny holes (5-10 ) in the wax paper.
- Show kids how to place their mouth directly over the other end and hum or say "toot" over and over again to make the vibrating kazoo sound.
- Try humming "Twinkle, twinkle little star" or other favorite songs!



# SUMMER SUPERHEROES

**3** Easy Tips To  
Help Our Planet



## 1. GO GREEN!

When brushing your teeth, remember to turn off the faucet - it will conserve water and make our planet happy!



## 2. PEOPLE POWER

Walk, bike, skip or scooter to the ice cream shop! Your legs are the most eco-friendly way to travel.



## 3. WATER WARRIOR

Plant a container garden with veggies or flowers. Plants are like tiny air purifiers that help "eat" pollution and release clean oxygen into our air!



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Visit [food2youinc.com](http://food2youinc.com) for seasonal menus and more information. Any thoughts or suggestions? We'd love to hear from you! Email us at [info@food2youinc.com](mailto:info@food2youinc.com)

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