



Nibbles & News

The Best of Kids' Cuisine Since 2005



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Celebrate!

The Week of the Young Child



We're kicking off NAEYC's annual **Week of the Young Child (WOYC)**, April 6-12, with creative ideas to celebrate with your kids! There's nothing we love more at **Food2You Kids' Catering** than good food, so we've "cooked up" fun, food-filled activities to correspond with each WOYC theme day. It's OK to play with your food this week and we invite you to join us!



GO BANANAS

for Music Monday

Teach your tots this timeless kids classic, *Go Bananas*, followed by a tasty afternoon snack of... bananas! Sing in sync and click on the [link](#) to learn the corresponding hand motions and get ready for some fun.



Go Bananas Song

*First you peel bananas,
Peel, peel bananas,
Yeah you peel bananas,
Peel, peel bananas,
Then you slice bananas,
Slice, slice bananas,
Yeah you slice bananas,
Slice, slice bananas,
Then you eat bananas,
Eat, eat, bananas,*

*Yeah you eat bananas,
Eat, eat, bananas,
Then you go bananas!
Go, go bananas!
Yeah you go bananas!
Go, go bananas!
Then you go bananas!
Go, go bananas!
Yeah you go bananas!
Go, go bananas!"*

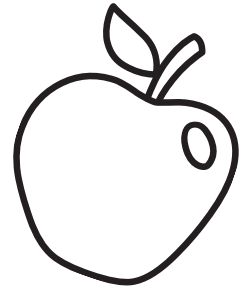
TASTY TUESDAY



Ramp up snack time with a fruit-filled snack recipe kids can help make! Take Tasty Tuesday to new heights with this “snacktivity” that boosts kids’ dietary fiber and fosters their creativity.

Ingredients

- 1 red apple
- 1 teaspoon lemon juice, optional
- 2 medium celery sticks
- 1/2 cup SunButter
- 4 pretzel sticks broken into thirds
- 12 mini chocolate morsels



Directions

1. Cut apple vertically into three 1/4-inch slices; cut each slice in half. Brush cut sides of apple with lemon juice to prevent browning and set aside.
2. Cut each celery rib into thirds, each piece about 3-inches long. Then cut a thin strip off rounded bottom so celery sits flat. Fill each celery piece, using about half of the SunButter; set aside.
3. Place remaining SunButter in resealable food storage bag; snip off one corner to make small hole for piping.
4. Pat apple slices dry and then pipe 2 lines of SunButter on one side of each apple slice, following rounded shape of apple peel.
5. Gently press one corner of apple slice into celery piece. Slowly lower cut edge of apple slice into SunButter. Some SunButter should bulge up at end of apple slice to make snail head.
6. On each celery piece, place 2 pieces of pretzel sticks into SunButter near apple slice to form antennae. Then place 2 chocolate chips into SunButter near pretzel sticks to make eyes. Enjoy!

WORK TOGETHER WEDNESDAY

Edible Science – Fizzy Lemonade

This kid-friendly science activity from the Ontario Science Centre lets kids work together on an experiment that demonstrates a chemical reaction. The best part? They get to taste the results afterwards! Requiring only lemons, water, sugar and baking soda, this experiment is easy enough to do in the classroom or at home. Click the link for instructions on how to make: [makefizzylemonade.pdf](https://www.ontariosciencecentre.ca/makefizzylemonade.pdf)

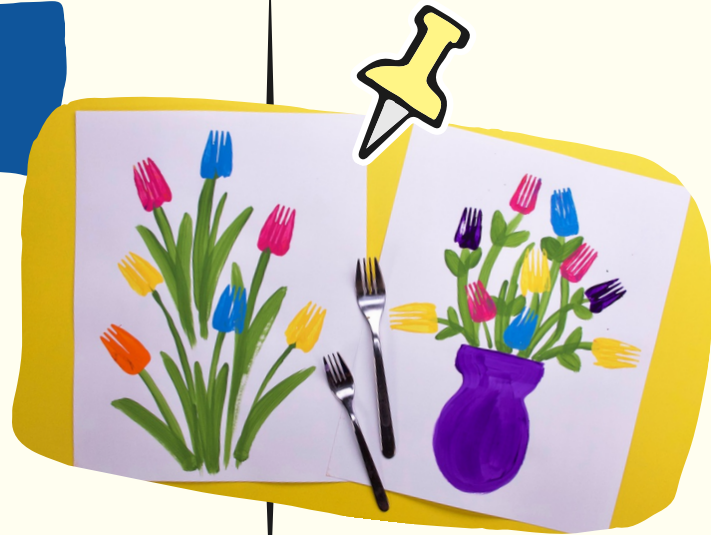


ARTSY THURSDAY

April Showers Bring...Fork Flowers!

The kitchen = the heart & soul of our homes. It's also the place families gather most often so we love to find common kitchen utensils to help create art! Kids will get a kick out of crafting spring tulips with the back of their forks while sparking their imaginations and out-of-the-box thinking.

Simply pour 2-5 colors of tempura or acrylic paints in separate paper cups or bowls. Using white construction paper, draw or paint tulip stems along the bottom of the paper. Get your forks ready! Use plastic, disposable forks for easy clean up. Show kids how to dip the top of the fork into the paint and press the back of the fork into the paper. Voila, perfectly shaped spring fork flowers!



FAMILY FRIDAY

FAMILY FRIDAY: Read a Book Together!

How to Feed Your Parents is a hilarious book by Ryan Miller that tells the story of a very adventurous young eater named Matilda Macaroni. Matilda's finicky parents will only eat chicken nuggets and boxed macaroni and cheese. Eager to experience new flavors, Matilda secretly sets out to learn how to cook, satisfy her hunger for something more...and expand her parents' palates. There's also a Macaroni family recipe for quiche that young cooks can try afterward! Find this fun, 5-star book through your local library, bookstore, or [Amazon.com](https://www.amazon.com).



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Visit [food2youinc.com](https://www.food2youinc.com) for seasonal menus and more information. Any thoughts or suggestions? We'd love to hear from you! Email us at info@food2youcatering.com.

Please follow us on Instagram and Facebook for weekly nutrition tips, prizes & giveaways, fun food ideas and more!

