



Summer Newsletter 2023

Nibbles & News

The Best of Kids' Cuisine Since 2005

Fruity Popsicle Palooza!

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food2you

Beat the Heat!

Frozen Peachy Yogurt Pops... For Breakfast!

If breakfast is the most important meal of the day, why not make it the most fun? Delight your kids this summer with homemade, peach-perfect yogurt popsicles for breakfast!

"Frozen treats are one of summer's highlights, so why not enjoy them first thing in the morning," prompts Food2You registered dietitian nutritionist Betsy. "When made with healthy, all-natural ingredients, including a serving of calcium-rich yogurt and fresh, fiber-filled fruit, these portable pops make a healthy way to kick off the day! Partner with a handful of granola or an energy bar for a complete, on-the-go meal."

Yogurt adds protein and probiotics for digestive health and creates a delicious, peaches-and-cream flavor without any added sugars or artificial flavorings. Fresh, in-season peaches are the hero in this recipe, enhancing texture and visual appeal; but feel free to try any of your favorite fruits. Kids can cool down and fuel up their dream-sicles by experimenting with other healthy add-ons. Try rolled oats, chopped nuts, or even chia seeds. Summer is a great time to get them cooking in the kitchen!



Recipe

Makes 6 pops

Ingredients

- ☐ 4 Fresh, ripe peaches, sliced into 1/4 in. wedges
- ☐ 3 C. Full fat/whole milk plain Greek yogurt (full fat makes the creamiest pops)
- ☐ 6 T. of honey (substitute with agave nectar for kids under 1 year old)
- ☐ 2 t. of lemon juice
- ☐ 1 t. of vanilla extract

Instructions

1. Place all ingredients in a blender, setting aside approx. 12 peach slices to use later.
2. Blend; pour mixture into 6 popsicle molds (3/4 full).
3. Add 2 peach slices per popsicle, pushing the fruit down into the mold.
4. Insert popsicle stick and freeze for at least 4-6 hours.
5. When ready to eat, run warm water around the outside of the popsicle mold and gently remove the pop. Enjoy!

Food2You Makes Front Page News!

How to Serve Veggies Children Will Actually Eat

We are honored to be featured in the national publication, *Food Management News*! Food2You Founder Greg Ingles explains why kids love our food: *"we use lots of color, including two vegetables a day and lots of bright, fresh, beautiful vegetables."*

Click [here](#) to read the entire article.

FOOD MANAGEMENT



Veggies? Preschoolers say, "Yes, please!"

Daycare caterer Food2You finds success by focusing on color, whole ingredients, and fresh produce.

By: [Jennifer Crain](#)

"It's a really fun business because kids are really fun customers."

That's how Greg Ingles, president of the Chicago-based company Food2You, describes his company's work. Food2You is a daycare food and catering company that exclusively serves early education centers.

Hydration Hack!

Frozen Watermelon Wedge-Sicles



Kids need to hydrate to feel great during this hot summer weather! Easy as 1-2-3, this hydration hack is the ultimate thirst quencher. Boasting a 92 percent water content, watermelon is a “superfood” containing substantial amounts of Vitamins A & C, and more lycopene than any other fruit or vegetable! To make, simply cut seedless watermelon into ½ inch triangular wedges. Cut a hole in the rind of each. Insert popsicle stick or plastic straw. Place on a tray covered in parchment. Freeze for at least 4 hours; savor!

SUMMER BOREDOM BUSTERS

Bears at the Beach

When playing at the park loses its novelty, invite kids in for an afternoon of quiet crafting! Edible art activities serve dual purpose for little preschoolers who always seem ready for a snack. Take your bears to the beach this summer with this Teddy Graham beach scene you can create at home. Made with graham crackers, frosting, paper drink umbrellas and rainbow ribbon candy, kids can exercise their creativity to design their own scene or recreate the one below. Visit [beach-day-graham-crackers](https://www.cutefetti.com/2017/07/20/beach-day-graham-crackers/) for how to instructions.

source: [cutefetti.com](https://www.cutefetti.com)



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Visit [food2you.com](https://www.food2you.com) for summer 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!

