

Nibbles & News

The best of kid cuisine since 2005



Photo: Itsalwaysautumn.com

Perfect the Practice of “Procrastibaking”

Need a delicious distraction from your responsibilities? Baking an irresistible treat might be just the break you need to satisfy your stomach and energize for the rest of your day!

“I first started ‘procrastibaking’ when I was in college and wanted to avoid doing my homework,” laughs Greg Ingles, Founder of Food2You. “I’d sit down to tackle a math problem and end up making oatmeal cookies instead,” he explains. “Baking felt creative - and productive too when my roommates raved about my recipes. Little did I know my baking habit would lead to my career and labor of love!!”

Take a procrastibake break today and check out this enticing **Easter recipe** from Food2You’s recipe archive:

Spring is nature’s way of saying, ‘Let’s party!’ – Robin Williams

CELEBRATE

Week of the Young Child

April Brings NAEYC's Week of the Young Child (April 4-7), a fun-filled celebration of early learning for young children, their teachers and families. We invite you to celebrate NAEYC's special theme days too with these fun activities:



News You Can Use!

- **Nourish to Flourish:** New CDC Study Says IL Kids Need More Veggies! [CDC Study: Kids, Fruits & Vegetables](#)
- **Bike Weather is Upon Us!** Get bike smart with the latest guidelines: [AAP's New Helmet Recommendations](#)

Music Monday



Do You Know the Muffin Man?

Celebrate Music Monday with a before-breakfast sing-along of a timeless kids' classic! Clap in sync and click on this [link](#) for the music and an animated video of the song at your finger tips:

*Oh do you know the muffin man,
The muffin man
The muffin man
Oh do you know the muffin man
Who lives on Drury Lane!*



*Oh yes I know the muffin man,
The muffin man, the muffin man,
Oh yes I know the muffin man,
Who lives on Drury Lane.*

Just for fun, personalize the second verse and insert names of kids in your class:

*Oh does **Sam** know the muffin man,
The muffin man
The muffin man
Does **Sam** know the muffin man
Who stops at his pre-school!*



Tasty Tuesday: Snack Attack

Outsmart your kids' snack attack cravings with this fruity snack recipe they can make themselves! One part art project, two parts healthy snack, this food arts idea will entertain on Tasty Tuesday and give kids a needed boost of Vitamin C. Turn this into an educational activity by counting the pieces and identifying the shapes.

Ingredients

- 2 slices of navel orange
- 5 grapes
- 1 baby carrot
- 2 black sesame seeds

Directions

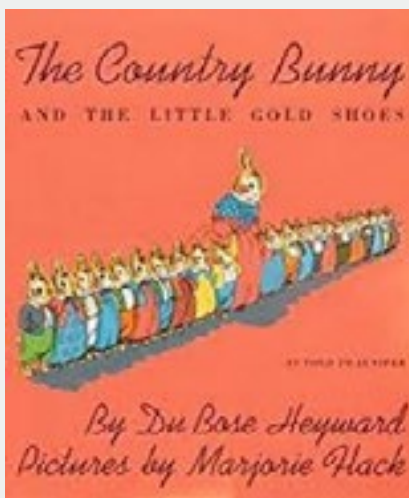
- Cut each orange slice in half creating 4 pieces
- Place the grapes in a row for the body as shown
- Add each orange slice as pictured for the wings
- Slice two small pieces from the carrot; place on top of the first grape as shown for the antennae
- Place the sesame seeds on the grape for eyes
- Take a photo with your child before allowing them to dig in to this fun and fruity butterfly snack!



Photo: Kix



BOOK GIVEAWAY



Work Together Wednesday:

Lessons From Mother Bunny Cottontail

The Country Bunny and the little Gold Shoes

By DuBose Heyward; pictures by Marjorie Flack

This timeless Easter story tells an exciting tale of how determination and working together can lead to success...and a basket full of Easter eggs! Originally published in 1939, *The Country Bunny* stands the test of time and belongs on every kid's bookshelf. Enter to win a hardcover copy via Food2You [Instagram](#) and [Facebook](#) accounts on Work Together Wednesday (4/5). **Check out our social media posts for instructions on how to win!**

Click on this [link](#) to hear the story of *The Country Bunny* read by "Books By Grandma."

Artsy Thursday: Flower Power



Photo: First Palette

Kids get a kick out of 'playing with their food'

Foster kids' creativity with this unique art project made with veggies! Kids get a kick out of "playing with their food" when they use vegetable stamps to create beautiful works of art. Simply take a head of romaine lettuce and cut off the bottom to make the paint stamp. Create an entire collage of rose blossom prints with the stamp and post on the wall for a garden of stunning April flowers.

What you will need

- 1 head of romaine lettuce (or 6 -7 stalks of celery secured together with a rubber band)
- Tempura paint (red or bright pink) poured into a shallow dish
- Construction or art paper

Directions

- Cut the bottom from the head of lettuce to create the flower stamp
- Show kids how to lightly dip the veggie stamp into brightly colored tempura paint
- Gently shake off the excess paint
- Place the stamp on paper and slightly twist about one quarter turn to create the texture of the flower. Lift up and voila! Beautiful veggie blossoms!

Family Friday: Fruity Spring Smoothie

Bursting with fresh strawberries, this healthy spring smoothie can be made in a matter of minutes. Kick off the weekend with some fun: make this recipe together with your kids for a Friday family treat!

Ingredients

- 1.5 cups strawberries
- 1 cup of milk
- 1 cup of plain greek yogurt
- 4 T. honey (for youngest children, substitute agave nectar!)
- 4 t. vanilla
- 4 cups of ice

Directions (Yields 2)

- Place ingredients in blender
- Blend on high for 2 minutes or until smooth; add more ice as needed
- Garnish with berries and a fancy straw. Serve and enjoy!



Visit Food2Youinc.com for spring menus and more information. We'd love to hear from you! Email us at info@food2youcatering.com. Follow us on Instagram and Facebook for weekly nutrition tips, food ideas and more!