

Fall 2024 Newsletter

Nibbles & News

The Best of Kids' Cuisine Since 2005

APPLE NACHOS

Page 1

**UNIQUE
PUMPKIN ART**

Page 2

**FIVE LITTLE
TURKEYS**

Page 3



Apple-palooza Nachos

This fall, dive into an apple-palooza of flavor with our crunchy, delicious Apple Nachos! Fun to make and even more fun to eat, Apple Nachos bring a healthy twist to a classic treat.

Start with a platter of crisp, juicy apples, sliced thin for little fingers to handle. Make it personal! Let kids customize creatively with their favorite flavors: drizzled caramel, peanut butter, maple syrup or honey. Generously top with nutrient-rich granola, almond slices, pumpkin or sunflower seeds, dried cranberries, pomegranate seeds and or mini chocolate or carob chips.

Place the apple slices and each topping in a bowl for kids to arrange on a platter. Try both red and green apples for a bold variation of color. Any variety of sweet or tart apples will do. We like Gala, Honeycrisp, and Granny Smith. Enjoy!

Ingredients

- 3-4 apples (red and green)
- Optional: lemon juice
- 1/2 cup of favorite flavors to drizzle: Caramel sauce (squeeze bottle), maple syrup, dark chocolate, creamy peanut butter/Sunbutter, and or honey

- 1/2 cup each of favorite toppings: granola, sliced almonds, pepitas, sunflower seeds, dried cranberries, shaved coconut, pomegranate seeds and or mini chocolate chips

Instructions

1. Slice the apples into wedges; spread wedges across a large plate or platter with the skin facing the same direction. Older kids can arrange the slices themselves. If you aren't planning to eat the Apple Nachos until later, you can squeeze a little lemon juice on top to avoid them turning brown.
2. If using peanut butter as the drizzle, combine 1/2 cup of peanut butter and 2 tablespoons of honey in a glass bowl and warm it in the microwave. Stir to combine, until it is smooth and pourable.
3. Drizzle the melted peanut butter & honey or preferred drizzling sauce across the slices in a zig zag pattern.
4. Place toppings in small bowls with a spoon.
5. Sprinkle with granola and customize with each of your favorite toppings.
6. Crunch and munch away!

BLOOMIN' PUMPKIN

Busy parent-approved craft

Not ready to part with your pumpkins post-Halloween? Transform your kids' jack-o-lanterns and pumpkins into a stunning floral masterpiece they help create! Ideal for busy parents looking for an easy art project, these bloomin' pumpkins are great to give as a gift or to grace your table as a festive centerpiece. Display their work of art and watch them beam with pride! Fragrant and festive, this hands-on craft combines creativity with sustainability and can help teach kids about eco-friendly repurposing too.



Supplies Needed

- Pumpkin or jack o'lantern
- Flowers (buy an inexpensive mixed bouquet at the grocery store).
- A small mason jar or glass

1. Pick your Pumpkin. Use any pumpkin, big or small, carved or uncarved. If uncarved, cut off the top and let kids help scoop out the insides. Be sure to save the pumpkin seeds for roasting!

2. Prepare for Pumpkin Posies. Place a small mason jar (or larger to accommodate a big pumpkin) or glass inside the pumpkin and fill 3/4 with water. This will help keep flowers fresh and prevent the pumpkin from getting soggy.

3. Choose your Blooms. Let kids pick out a variety of seasonal flowers to use in their design - bright fall hues like orange mums, red berries and yellow sunflowers work well. Add some extra pop with brightly colored autumn leaves collected from outside. Don't forget the greens!

4. Place the Petals. First, snip the ends of the flowers on a diagonal to help them stay fresh. Have fun arranging together! Place the stems in the water and arrange the flowers inside the pumpkin. Encourage kids to mix and match colors and textures and let their creativity flow. Can you say gourd-geous! Admire and display!

Five Little Turkeys



Five little turkeys standing at the door,
One waddled off, and then there were four.

Four little turkeys sitting near a tree,
One waddled off, and then there were three.

Three little turkeys with nothing to do,
One waddled off, and then there were two.

Two little turkeys in the morning sun,
One waddled off, and then there was one.

One little turkey won't you walk this way,
And join us in November for Thanksgiving Day!



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