

An introduction from Kids Gourmet Food

We cook and provide fresh, nutritious, homestyle meals for children in childcare every day. We're qualified chefs and we've been refining and fine tuning our menus since 2002.

The early years in a child's life are instrumental in developing positive, long-term eating habits. Exposing young children to a healthy, diverse diet not only gives them the best start in life, it helps secure their future health, development, and wellbeing as they grow up.

We use high-quality, fresh ingredients and a broad range of flavours and textures to create meals that meet – and often exceed – the latest nutritional guidelines for children in care.

The food is freshly cooked, not frozen, using premium quality fresh ingredients. Once cooked, the food is immediately chilled using blast chilling technology and stored ready for delivery early the next morning in one of our refrigerated vans to your centre.

With regard to children with allergies and food intolerances, we provide a menu that is tailor made to suit individual food restrictions. You may be asked by your centre to complete an Allergy Notification Checklist for your child and this information is provided to us. We study your child's needs and will provide your centre with an individually packed meal your child can safely eat and enjoy. All food is prepared and packed in our kitchen which is a nut-free environment.

The menus are regularly rotated to provide variety and are appropriate to the varied ages of children. All menus include a large selection of fresh fruit with morning and afternoon tea as well as steamed vegetables with a hot lunch.

All of our weekly menus are prominently displayed in your centre. In addition, we provide a folder to your centre which has a 'Daily Comprehensive Listing' of all ingredients used in our menus. We encourage you to ask your centre's director about our menu if you have any comments.

Healthy catering for children

We work with nutritionists and dieticians and consult with national advisory groups to ensure the highest nutritional standards. In our six-week rotational menu, your children's meals contain food from the five food groups recommended by the Australian Dietary Guidelines.

Our healthy and balanced meals include a variety of:

- Fresh vegetables and legumes
- Seasonal fruit
- Wholegrains and seeds
- Lean fresh meat and fish
- Dairy options

Our menus also offer a wide selection of fresh fruit and raw vegetables with morning and afternoon tea, as well as steamed, fresh vegetables at lunchtime.