



**Kids Gourmet Food**  
YOUR PARTNER IN NUTRITION

# Information for Parents

**Since 2002, Kids Gourmet Food has been committed to delivering high quality, nutritious meals for children aged 4 months to 6 years in Early Learning Centres.**

Our qualified chefs craft delicious meals using premium, fresh, whole ingredients, ensuring every dish is nutritionally balanced and prepared with care using homestyle cooking techniques.

KGF is passionate about promoting healthy eating habits during a child's early development. Our six week rotating menu introduces children to a variety of ingredients inspired by Australian and multicultural cuisines. Each meal is thoughtfully designed to include wholegrains, vegetables, fruit, fish, poultry, red meat, legumes and dairy, offering a well rounded and diverse diet.

All our meals are carefully created under the watchful eye of our team of nutritionists. We strictly adhere to the Australian Dietary Guidelines and our menus are reviewed annually to meet ACECQA standards. Additionally, our purpose built production kitchen follows a robust HACCP based food safety program, with regular assessments by Australian Food Microbiology to ensure the highest safety and quality standards. MSG free ingredients for healthier meal options.



## Why Centres Choose KGF

- Exclusively focused on the childcare industry
- Freshly cooked meals, snap chilled to lock in quality and freshness
- Thoughtfully crafted menus that are age appropriate and delightfully easy to enjoy.
- Daily refrigerated deliveries to maintain freshness
- All meals are cooked in an egg and nut free environment
- Custom made meals for allergies, intolerances and cultural preferences
- MSG free ingredients for healthier meal options
- A detailed Daily Ingredients and Heating Guide accompanies every delivery, providing transparency on all ingredients.

At KGF, we are committed to supporting the well being of your child through nutritious, delicious and thoughtfully prepared meals that promote lifelong healthy eating habits.

**For more information, please contact your child's Centre directly.**

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