



Meet our Nutritionist

Kelly Richardson

KGF'S GOURMET NUTRITIONIST HAS A PASSION FOR CREATING NOURISHING RECIPES THAT THE WHOLE FAMILY WILL ENJOY.

British born, Kelly's background as a Masters of Sports Nutrition, has led her to educating people on why certain foods improve health and wellbeing, with a particular dedication to child development, fertility, gut health, hormone balance and disease recovery. Kelly empowers her clients with the tools they need to improve their relationship with food, including educating them on ingredients, what to cook and how to cook it.

"Being a mum of two, I know how important it is to feed your child well and what a difference healthy food can make to a child's behaviour, digestive system, sleep, and learning. Being a full-time working-mum, I also understand the anxiety and stress that comes along with trying to ensure your child gets the best nutrition whilst in childcare.

Working with Kids Gourmet Food menus has been so personal to me. Knowing that together we are helping to provide the best nutritional start for these young children, as well as giving parents the reassurance that your little ones are enjoying delicious, home-style cooked meals that will grow your child's love of healthy food. These menus are both healthy and varied, using seasonal ingredients which provide an abundance of nutrients and fresh produce at each meal and snack."

Kelly Richardson BSc., MSC.Nutritionist

