

# Register today for the **Real Food Lunch Club**

I   
real  
food

real food  
for real kids™  
enabling & inspiring healthy eating™

## JOIN THE CLUB!

Enjoy delicious hot lunches served at your school!



- ✓ No more packing lunches
- ✓ Real food at an affordable price
- ✓ Litterless lunch
- ✓ Discover new tastes and cultures
- ✓ Fuels kids' brains for learning
- ✓ Kids share healthy meals with friends
- ✓ No added work for your school!
- ✓ Monthly online payments, no strings attached

**Starting @ \$5/lunch** + HST

Includes a protein + whole grain + vegetable & fresh fruit

- Choose between Omnivore or Herbivore meal plans
- Value Meal option available at TDSB schools only (\$4/lunch + HST)
- Discounts offered to families with multiple kids enrolled
  - Days of service vary by school

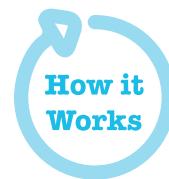
Visit [rfrk.com](http://rfrk.com) for more info!



- 1.** Kids bring reusable lunchware + cutlery & water bottle



- 2.** Enthusiastic RFRK Lunch Club Coach dishes out lunch



- 4.** Kids bring lunchware home to be washed, then the whole cycle repeats



- 3.** Kids dig in & enjoy



**Register online or by phone!**

416.410.KIDS (5437)

[rfrk.com](http://rfrk.com)

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 RealFoodKitchn

 RealFoodForRealKids