

# Welcome to the Real Food Community



## It takes a team.

You are now amongst a special group of people who all believe that kids need healthy, whole, REAL food to nourish their growing bodies. We are proud to work with you and do our part in raising smart, healthy and adventurous eaters!

## A growing family.

We serve delicious and nutritious hot lunches and snacks to over 15,000 kids every day. Pretty amazing considering our story started with one tenacious mom who wanted better food for her son and his little friends.

## Fresh from scratch.

Our menu changes with the seasons, prioritizes local produce and is free of highly processed foods. We work closely with trusted suppliers and growers who match our high standards of quality. In short, we work really hard to make food that kids love without any added yuckies.

## A rainbow of tastes.

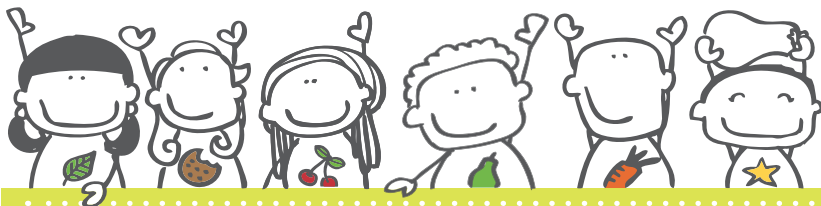
Expect to see fresh colourful fruits and veggies, a variety of savoury proteins, hearty whole grains and diverse flavours to tickle every child's palate.

## No child left behind.

We go to great lengths to ensure that kids with special dietary needs feel safe and well fed.

### Our Real Food Promise

- Background checks on all ingredients
- No highly processed foods, excess salt or refined sugar
- Ingredients from sustainable farmers and producers
- Milk, dairy products, & organic tofu from Ontario producers we trust
- As much Ontario-grown & certified organic food as practical
- Globally inspired dishes made fresh from scratch
- Ontario beef & poultry raised ethically with no growth hormones or routine antibiotics
- No artificial colours or flavours
- Genetically modified ingredients aren't invited to the party
- Strictly nut-free



“The children love the meals. It's true that changing food habits can be challenging, but we fully embrace and support that change because we know it's crucial for the kids' long term health.”

- CARMEN, CAREGIVER



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## Our Services

**Child Care Catering**  
**Elementary School Catering**  
**Camp Catering**