



## HEALTHY FOOD FOR GROWING MINDS

Serving hot lunches  
to schools, daycares and camps  
in the GTA for over 20 years.

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**KID-APPROVED**  
**KID-FRIENDLY**  
**BUDGET-FRIENDLY**  
**EASY, HEALTHY & DELICIOUS**

## WHY CHOOSE HEALTHY KIDZ?

- HealthyKidz hot lunch program provides nutritious lunches to schools, daycare centres, and day camps in the GTA.
- We focus on the importance of children developing good nutritional habits at an early age.
- We understand the challenges of preparing healthy, tasty, and budget-friendly lunches.
- Our lunch program provides healthy lunch options, streamlined ordering & easy payment process.

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The personalized care and attention to detail shown by the team at Healthy Kidz is unparalleled!

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## WE DONATE!

Healthy Kidz helps your fundraising efforts!

By participating in our lunch program you will be supporting your fundraising efforts. Healthy Kidz will donate on a monthly basis part of the proceeds from each lunch ordered!





## HEALTHY KIDZ CARES ABOUT YOUR KIDS

- Our menus are prepared in accordance with the Canada Food Guide to Healthy Eating: Bill 8 – Healthy Foods for Healthy Schools Act, The Trans Fat Regulation, and the PPM 150 – Food and Beverage Policy.
- Our menus are approved by a Registered Dietician and support the Municipal and Regional Criteria including the City of Toronto Operating Criteria.
- Each staff member of our team has a current certification through the Food Handler Certification Program, as well as, a Police Background Check.
- All lunch service refuse is composted at our facility leaving no ecological footprint.

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The lunch program is very reasonably priced and geared towards children with nutrition as the priority!

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# HOW HEALTHY KIDZ WORKS

- Our menus are designed to appeal to children's palates and offer plenty of variety.
- Menus are seasonal to capitalize on fresh, locally sourced ingredients.
- Our local focus means our meals always start with foods that are fresher, more flavourful, and offer greater variety.
- All meals are prepared fresh in our kitchen and are delivered in thermally protected containers. Food is always hot and stays hot!
- Daily menus include hot lunch, fresh fruit/veggies, and healthy snack options and are on a three-week production cycle.
- Milk, apple juice or water provided upon request.
- We are committed to accommodating all food allergies and dietary restrictions.
- Healthy Kidz facility is 100% nut-free!

## SAMPLE MENU ITEMS

Lunch and snack menu is EGG FREE  
All snacks are served with fresh veggie and/or fruit

AM SNACK  
GREEK YOGURT  
SOFT GRANOLA BAR

AM SNACK  
ENGLISH MUFFIN/WOW BUTTER

AM SNACK  
VEGAN FRENCH TOAST  
BERRY COMPOTE

AM SNACK  
BLUEBERRY PANCAKES  
MAPLE SYRUP

LUNCH  
BEEF MEATBALLS & TOMATO SAUCE  
PENNE PASTA/GARLIC BREAD  
GREEN SALAD/ITALIAN DRESSING  
FRESH VEGGIES  
MILK

LUNCH  
BEEF BURRITO "BOWL"  
CORN/BEANS/CHICK PEAS  
BROWN RICE  
FRESH VEGGIES & FRUIT  
MILK

LUNCH  
BAKED CHICKEN FINGERS  
ROASTED HERB POTATO WEDGES  
FRESH VEGGIES & FRUIT  
MILK

LUNCH  
COCONUT TOMATO SOUP  
SPINACH & RICOTTA TURNOVERS  
FRESH VEGGIES & FRUIT  
MILK

PM SNACK  
GREEN PEA HUMMUS  
PITA BITES

PM SNACK  
MIXED BERRIE SMOOTHIE  
APPLE MUFFIN

PM SNACK  
CRACKERS  
CHEDDAR CUBES

PM SNACK  
TZATZIKI DIP  
NAAN BREAD



VEGETARIAN (VEG), VEGAN (VG), GLUTEN FREE (GF), DAIRY FREE (DF), & SOY FREE (SF) OPTIONS AVAILABLE UPON REQUEST





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Healthy Kidz during COVID was a lifesaver for our family!

Working a busy job full time at home while managing homeschooling left me with very little time to prepare nutritious meals.

My son had always raved about Healthy Kidz hot lunch program at his school, so when the food delivery program was made available, we ordered right away!

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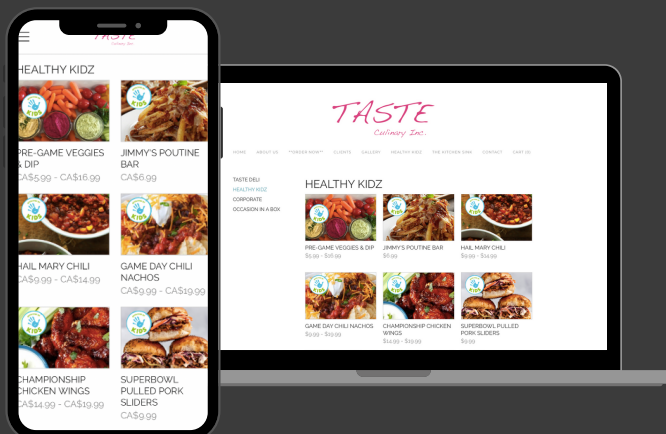
## THE HEALTHY KIDZ DELI

We also understand the challenge of trying to balance virtual school, work, parenting, and the million other things on your list during these difficult times.

We're here to help!!!

Healthy Kidz now offers weekly home delivery. All your child's favourite freshly prepared lunches and snacks, as well as family meals, delivered to your front door with heating & storing instructions. Zero stress about grocery shopping & meal prep!

Simply visit our TASTE & Healthy Kidz Deli on our website, fill your cart and check out! You'll receive an email when your order has been confirmed with all delivery details and a text message when delivery is at your front door.



# KID APPROVED STAMP



We want you to know we are here to support you and your family through the current lockdown restrictions, so we've stamped our most popular KID APPROVED items to make your daily meal planning quick and easy!

All menu items are easy to store and can be frozen for future meals. Our healthy, delicious, and easy to prepare items have even been tested by our Mini Gourmet Experts

## COVID-19 SERVICE GUIDELINES

We continue to be prudent and never compromise to take any and all measures to keep all children, their families, and all staff safe. We are dedicated to following the outlined practices and have implemented additional precautionary measures to ensure the health and safety of everyone. We are being extremely diligent in following and reinforcing proper health and sanitization procedures, monitoring our staff very closely by taking temperature samples on daily basis, wearing PPE at all times and practicing physical distancing at our production kitchen, during deliveries, and service. We continue to adjust our current delivery and service practices to adhere to the guidelines provided by health and government agencies. We are prepared to work very closely with you and your staff on an agreed action plan to ensure we continue to safely deliver our product and services to you.

**Safety is our number one priority.**