

real food
for real kids™

fuelling healthy futures™

keepin' it real since 2004!



It all started with one mom's passion for real food.

That passion caught on. Now, 20 years later, Real Food for Real Kids is serving nourishing meals & snacks to over 30,000 kids across the GTHA everyday. ***That's a lot of delicious food!***

But it didn't happen overnight! The goal was to revolutionize child care catering and replace convenient, pre-packaged meals with whole foods & nutritious goodness. When there's a will, there's a way.

We began developing a collection of yummy and diverse recipes like **Beef Bolognese, Mac'n Cheese, Gong Bao Chicken, Cocoa Chic'pea Spread**, and many more. These dishes satisfy in taste & nutrition, take inspiration from different cultures around the world, and always follow our **Real Food Promise**.

In honour of RFRK's 20th birthday, we'll be sharing some of our most popular recipes for families to enjoy at home. These recipes have been requested by hundreds of parents, via their kids who come home raving about the food at child care.

Our mission has always been to enable & inspire a lifetime of healthy eating, and cooking and eating these recipes at home is a great way for us to continue sharing this journey together.

Stay tuned for the Real Food for Real Kids Recipe Album coming soon!



may 2024 highlights



A Casserole with a Conscience

We're dishing up our **Tuna & Salmon Pasta Bake** on our birthday! Pasta bakes never disappoint. They're yummy, comforting and incorporate lots of flavours in each bite. Fish can sometimes be a tough sell with kids, so using it in a bake is a great way to introduce it. They're also easy for families to make at home! *Hint: we're featuring it in our recipe album coming soon!*

As a bonus, the **Skipjack tuna & Canadian salmon** we use for this recipe is **MSC-certified** (sustainably sourced). It's pretty cool to know this tasty meal is also supporting the health of our oceans!



Yay for Bolognese!

Our **Beef Bolognese** is a familiar crowd pleaser. Not only is it a comforting classic that delights the taste buds, but our version proudly supports local farmers who produce pasture-raised beef without the use of routine antibiotics or added hormones. *We're also featuring this in our new recipe album, so families can recreate it at home!*

For vegetarians, we serve our scrumptious, plant-based **Lentil Bolognese**, so no one misses out on protein. Both versions come with a helping of whole-grain pasta & a side of veggies.