

# TKG



Helping fuel  
children's  
growing bodies



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# Who we are

The Key to Goodness is a boutique, Sydney based food service specialising in fresh, nutritionally-balanced childcare meals.

Our team was formed on the cohesive aspiration to provide children with wholesome, nutritious meals whilst in the care of childcare providers. Many of our team have children themselves, and so understand the importance of trusting their children are provided with the perfect variety of nutrient dense ingredients that their growing bodies need.

Our company was created with children and families at the forefront of our mind. It is vital for children to enjoy a well-balanced, nutrient-filled diet for their overall health, growth and development. Our menu has been designed to perfectly meet health standards and regulations whilst introducing children to different cuisines, flavours and textures to develop a healthy relationship with food. We base our menu planning on three key national health documents; The Australian Dietary Guidelines, The Infant Feeding Guidelines and Munch and Move.

Here at The Key to Goodness, we believe food should not only be nutritious, it should also help to meet the social, cultural and educational needs of the children.



# How it works

At The Key to Goodness, we work to a four week seasonal menu rotation, ensuring variety and nutrient standards are met. You will receive a menu for each week along with ingredient lists and heating instructions.

Fresh meals will be delivered to your centre several times a week, which will include a box of fresh fruit for the week. All meals provided are heated in two simple ways – the bane marie (which can be rented for a small weekly fee) or the oven, depending on the dish. Vacuum sealed meals arrive in icepack cooled boxes and need to be stored in a refrigerator prior to consumption.

We cater to all dietary requirements whether that be an allergy, an intolerance or a religious/cultural need. The Key to Goodness offers an allergy and intolerance menu that provides suitable and healthy alternatives for those with requirements. For the 0-6 months littlies, we offer a puree menu which is packed with nutrients. We are also completely NUT-FREE and EGG-FREE.

"We're finding staff are getting more time to focus on programming and forming relationships with the children as we now spend so much less time in the kitchen preparing meals and more time on the floor."



"Since swapping our meal provider over to TKG we've found that the children are consuming more veggies as they are incorporated subtly into the meals rather than served separately. Our parents love knowing that their children are getting these nutrients, especially when they're struggling to get them to eat veggies at home!"

# Meet the team

## Helena - CEO

Helena Downs has been in the childcare industry for over 20 years! One of her main professional goals is to take the pressure off parents and families. She knows first-hand what it is like to be a parent and trusting your child is being well nourished when at childcare. Having owned and operated many childcare centres over the years, she understands that educators need simplicity at mealtimes whilst also ensuring children are happy, satisfied and healthy.

## Olivia - NUTRITIONIST

Olivia has a Bachelor of Nutrition Science and encompasses a strong passion for paediatric health and nutrition. She understands the need for quality nutrition within the early years. Olivia has created a menu that meets all Australian dietary guidelines to ensure their little bodies are fuelled for a busy day at childcare, learning & playing with their friends!

## Tim - HEAD CHEF

Tim is our amazing Head Chef here at The Key to Goodness. Tim has had many years of cooking experience, with the last 9 years owning his own successful Greek restaurant. Tim gets great satisfaction from knowing that he is providing children with a balanced diet to help them grow healthy and strong. Being a parent of 3, Tim recognises the importance of providing children with variety in their diet to not only meet nutritional standards, but to expand their pallets from a young age.

**Our team has come together with the common goal to provide children with delicious, nutritionally-balanced and nutrient dense foods.**



# Menu

WE OFFER A 4 WEEK ROTATIONAL MENU. THIS MENU IS UPDATED SEASONALLY.

As mentioned, we follow the Australian Dietary guidelines. This involves including a range of produce from the *5 main food groups*;



Fruit



Vegetables & legumes



Grain (cereal) foods



Milk, yoghurt, cheese



Lean meat & poultry, fish, eggs, tofu, seeds, legumes/ beans

- Sources of added fat, sugar and salt are limited
- Children are offered a variety of vegetables (at least 2-3 different types per day and 5 different types per week)
- Children are offered a variety of fruit daily (at least 2-3 types per day and 5 different types per week)
- High fibre (wholemeal and wholegrain) are the main grain foods served
- Children are offered at least 1 children's serve of lean meat, poultry, fish or vegetarian alternatives per child per day in order to ensure adequate protein intake
- We offer a variety of meals from different cultures and with different tastes, colours and textures as well as utilising a wide selection of quality meats, poultry and ingredients

## Why us?

We are a boutique business with a strong focus on fresh, quality produce. It is so important to us that children are meeting their recommended daily intake of vegetables, so we incorporate all vegetables into the meals themselves in a subtle way that won't be obvious to fussy little eaters.

Unlike other food providers in the industry, none of our meals contain any additives or preservatives.

As well as ensuring children are well fed, we want to make staff's jobs that bit easier! Compliance is covered with us, as we take care of the constant changing nutrition guidelines and kitchen regulations. All of our meals are easy to heat and prepare, which means less time in the kitchen and more time doing what educators do best, caring for our little ones!

## Contact

If you have any questions or require further information, please email us at [enquiries@tkgconcierge.com.au](mailto:enquiries@tkgconcierge.com.au)

