



Hearty Health are the pioneers of Child Care catering and have been providing nutritious meals to children in Child Care since the year 2000.

The Hearty Health philosophy is simple – to encourage healthy eating patterns by creating healthy eating habits.

By using Hearty Health, your Child Care Centre is ensuring that the very best meals are provided to your child which are not only cooked by chefs in a professional kitchen, but are delicious as well.



What sets Hearty Health apart from other catering companies or in house cooks?

- Hearty Health only employ qualified chefs to prepare all menus and meals for children in Child Care in their Class A kitchens that comply with the FSANZ Australian Food Standards Code.
- Hearty Health have an unprecedented passion for providing fresh seasonal produce to children in an attempt to create healthy eating habits for life.
- Hearty Health cook fresh seasonal meals every day which are delivered directly to Child Care Centre fridges within 24 hours by our very own Hearty Health delivery drivers.
- Fruits and vegetables are sliced ready for children to enjoy with all meals cooked from scratch every day including dips, baked goods and hot lunches.

Allergies and cultural preferences

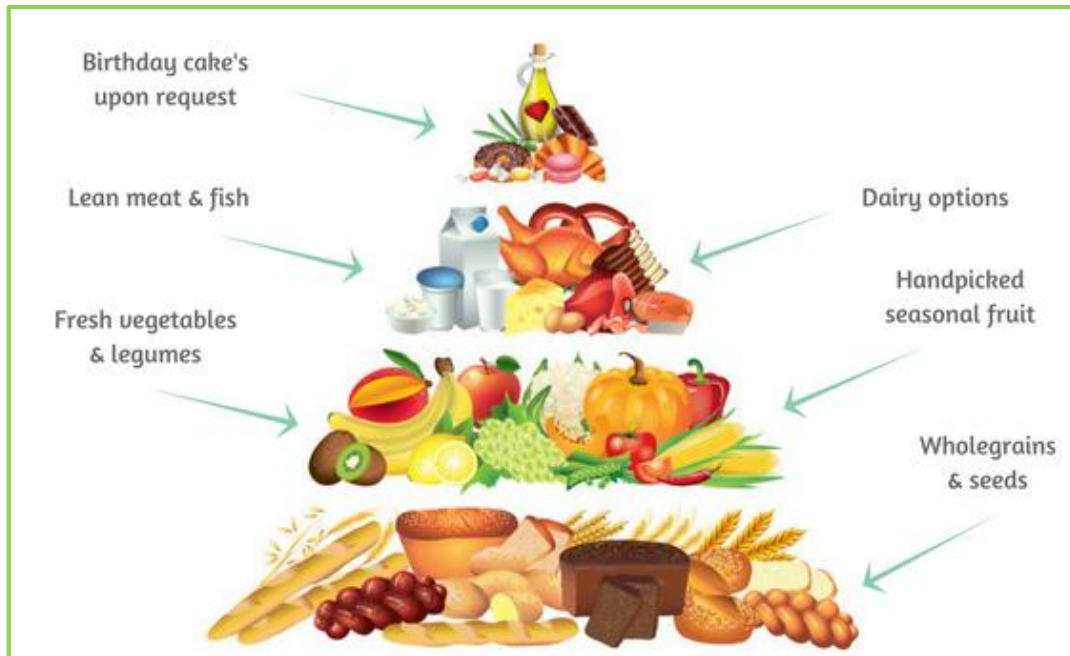


A key focus of Hearty Health is to provide safe, delicious and nutritious food to all children especially those with food allergies, food preferences and cultural requirements.

Hearty Health are the only caterers that prepare a separate four week seasonal menu for allergen children to ensure there is no cross contamination and that children that fall into this category still enjoy all the tastes and benefits of our services.

Importantly, all Hearty Health kitchens are free of nuts, eggs and pork.

hearty health



Hearty Health's healthy and balanced meals meet prescribed dietary guidelines for growing children.

The Hearty Health Menu

Hearty Health expertly design a four week rotational seasonal menu to ensure variety and that all nutritional requirements are met.

All Hearty Health menus:

- are developed by our qualified chefs with a variety of textures, flavours and ingredients, in consultation with nutritionists.
- ensure that children are meeting the recommended dietary requirements every day they are in care.
- contain no preservatives or artificial colourings
- are prepared with reduced salt and sugar and are developed for a child's palate.
- offer a wide selection of baked goods and freshly sliced fruit and vegetables with morning and afternoon tea.

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