



The Nourished Kids Center, Inc.

Feed. Educate. Connect.

A FLORIDA FARM TO FLORIDA DAYCARE
PUBLIC CHARITY

Discovery Meeting Packet



A Holistic Approach to Early Childhood Nutrition

The Nourished Kids Center, Inc. isn't simply changing what is served for lunch—it is changing how children experience and understand food. Our model is built around three interconnected pillars—**Feed**, **Educate**, and **Connect**—designed to nourish children today while helping establish healthy relationships with food that can last a lifetime.



FEED

We provide children with fresh, scratch-made meals using locally sourced and organic ingredients, giving growing bodies the high-quality nutrition they need during their most formative years.



EDUCATE

We reinforce healthy eating through age-appropriate nutrition education and hands-on culinary experiences, helping children understand food as fuel and develop confidence around nutritious foods.



CONNECT

We connect children to the people and places behind their food through local farmers and Meet the Farmer experiences—helping children understand that food doesn't simply come from a package or grocery store; it begins with the land and the people who grow it.

Feed the child. Educate the mind. Connect them to their food.



Together, these three pillars create an environment where healthy eating isn't simply something children are told to do—it's something they eat, learn, experience, and understand every day.



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A FLORIDA FARM TO FLORIDA DAYCARE NON-PROFIT

FEED

Fresh, scratch-made meals for growing bodies.

BEFORE



AFTER THE NOURISHED KIDS CENTER



OUR FOOD PROMISE



Dietitian-approved



Follows USDA
guidelines



Seasonal, local
& organic



ZERO
processed foods



Everything
scratch-made



Fresh-milled flour

TWO FLEXIBLE MENU OPTIONS

CACFP-approved or customized to your daycare's needs.



IF YOUR DAYCARE HAS A KITCHEN

We train your staff, provide the recipes, and facilitate procurement of fresh, local and organic meats, fruits and vegetables.



IF YOUR DAYCARE DOES NOT HAVE A KITCHEN

We provide one hot lunch and two refrigerated snacks through our catering service.

Real food. Made from scratch. Built for your school.

EDUCATE

Every school who works with The Nourished Kids Center receives the following 5 educational materials. We believe in a holistic approach to food that includes education through all 5 senses.

Our signature curriculum, "Food is Fuel," creates a world where nutritional education is seen, heard, experienced, tasted and discussed.



Lunch Room Easel Experience

Every school receives a lunchroom easel with stickers that children can place on the plate for that day.



Food is Fuel Poster Collection

Each school receives 4 colorful posters that remind children that food is fuel for their bodies and their future.



Food as Fuel Teacher Support Cards

Each school receives a set of laminated cards that give educators a unified language around framing food in a positive, educational way.



Good Food Choices Help Me Grow Activity Board

Your school receives a magnetic board with acrylic magnets. Children learn which foods are everyday, sometimes and occasional food choices.



Culinary Labs

Each school receives 1 culinary lab per quarter complete with a facilitator guide, materials and shopping list. We provide educational levels for 1 - 2 year olds and 3 - 5 year olds.



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CONNECT

Building meaningful relationships between
our community, our farmers, and our families.



MEET THE FARMER EVENTS



Twice a year, The Nourished Kids Center hosts Meet the Farmer events that connect our local agricultural suppliers directly with the children and families who enjoy their food every day.



KNOW WHO MAKES YOUR FOOD

These events help children and families build relationships with the farmers who grow and raise the food served in their schools.



EXPERIENCE NEW FAVORITES

Sample upcoming menu items and discover new, healthy foods in a fun and welcoming environment.



SUPPORT LOCAL & TAKE SOME HOME

Families have the opportunity to purchase fresh, local products directly from our farmers to enjoy at home.



Stronger together. From our farms to your families.