

the **real food** manifesto



Rule #1: Real food

Use all natural ingredients. No artificial flavours, preservatives, or additives of any kind.



Rule #2: Fresh & local

Support Ontario farmers and producers. Choose seasonal foods, grown or made close to home.



Rule #3: Planet friendly

Say no to GMOs, factory farms, and wasteful packaging. Support farmers using sustainable and responsible methods. Go organic whenever possible.



Rule #4: Globally inspired

Embrace recipes from around the world. Expand kids' palates. Don't just break bread together. Break roti, injera, challah, and tortilla.



Rule #5: Balanced & whole

Use whole ingredients to create nourishing meals and snacks.



Rule #6: Made with love

Cook fresh from scratch with thoughtfully chosen ingredients. No highly processed convenience foods here.



Rule #7: Slow & communal

Bring back the tradition of sharing meals together. Take time to savour the look, smell, feel, sound and taste of food.



Rule #8: Nut & peanut-free

Love them at home, but never in the Real Food Kitchen.

healthy food - healthy kids - healthy planet