



International Chefs Day 20 October 2020

Healthy Food For the Future

Chefs Toolkit





Welcome Note

Welcome Note

Dear Chef,

International Chefs Day on 20 October 2020 offers you and fellow chefs from around the globe a unique opportunity to network, promote your profession to future chefs, and make a difference in your local community by making healthy eating fun and exciting for kids.

The World Association of Chefs Societies has committed to using International Chefs Day to educate kids around the world about the importance of healthy eating. In doing so, they hope to expose kids to the culinary profession and teach them good eating habits they can carry with them for life.

Nestlé Professional is proud to offer the expertise of the Nestlé for Healthier Kids programme and partner with chefs' associations around the world to make this possible. We have involved our nutritionist and creative partners to develop this comprehensive toolkit for you. Please reach out to your local Nestlé Professional team for support in arranging your International Chefs Day event.



1. An Important Note

Please remember

As kids are so sensitive to advertising, we do not want to expose them to too many brands.

This does not only apply to Nestlé brands, but also any other brands from other partners you may have. You are free to give your partners recognition for their contribution in your newsletter and on your website, but on the day kids should not be exposed to any brands. Please check with your Nestlé Professional Healthy Kids Champion regarding the use of branded products.

2. The Theme



International Chefs Day 2020 Theme

Getting to know the theme: a short explanation on how **Healthy Food For The Future** works

As the saying goes: “You are what you eat”, but what we eat not only affects us, it also has massive consequences for our planet.

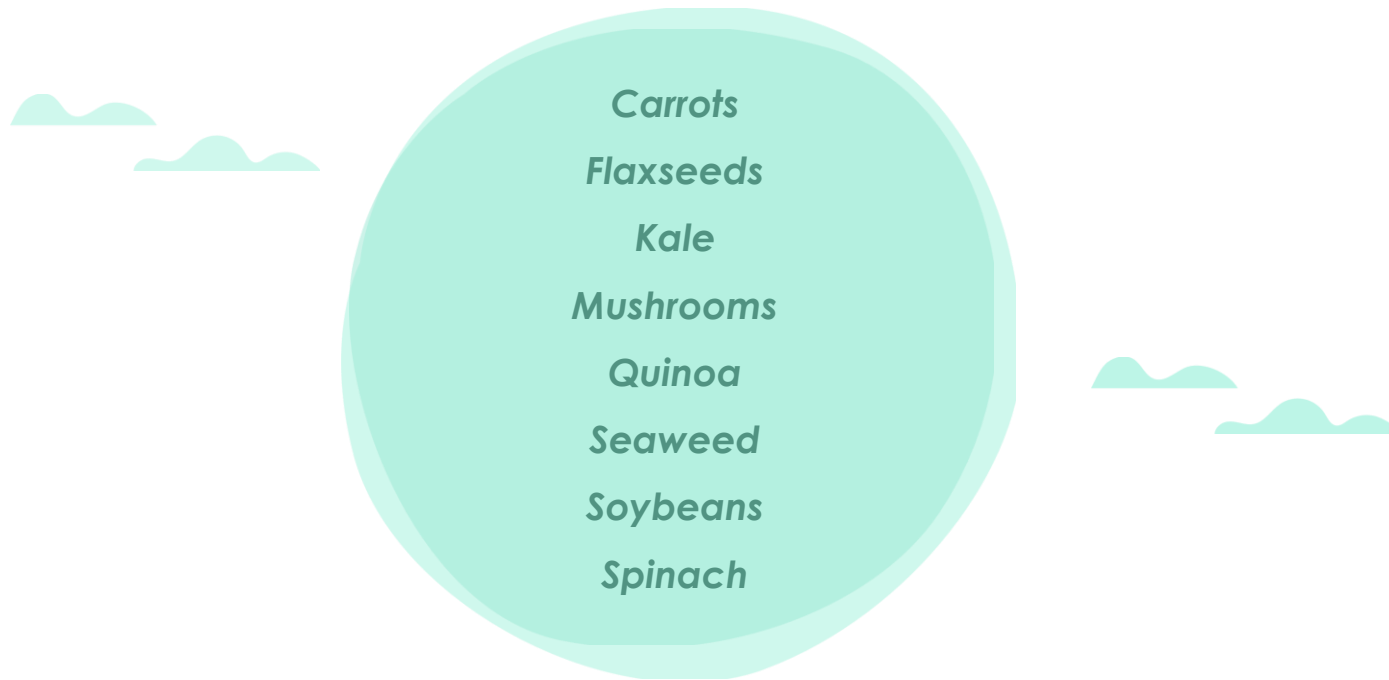
In order to ensure a healthy planet for future generations, it is vital that we start teaching our children about the impact the production, and consumption, of food actually has on the environment. It is for this reason that our theme for International Chefs Day this year is focused around sustainability and the environment.

We will continue to use our existing, much loved characters from last year’s campaign and talk to our 8 new sustainable food items chosen by us, Nestlé Professional and the World Chefs Association.

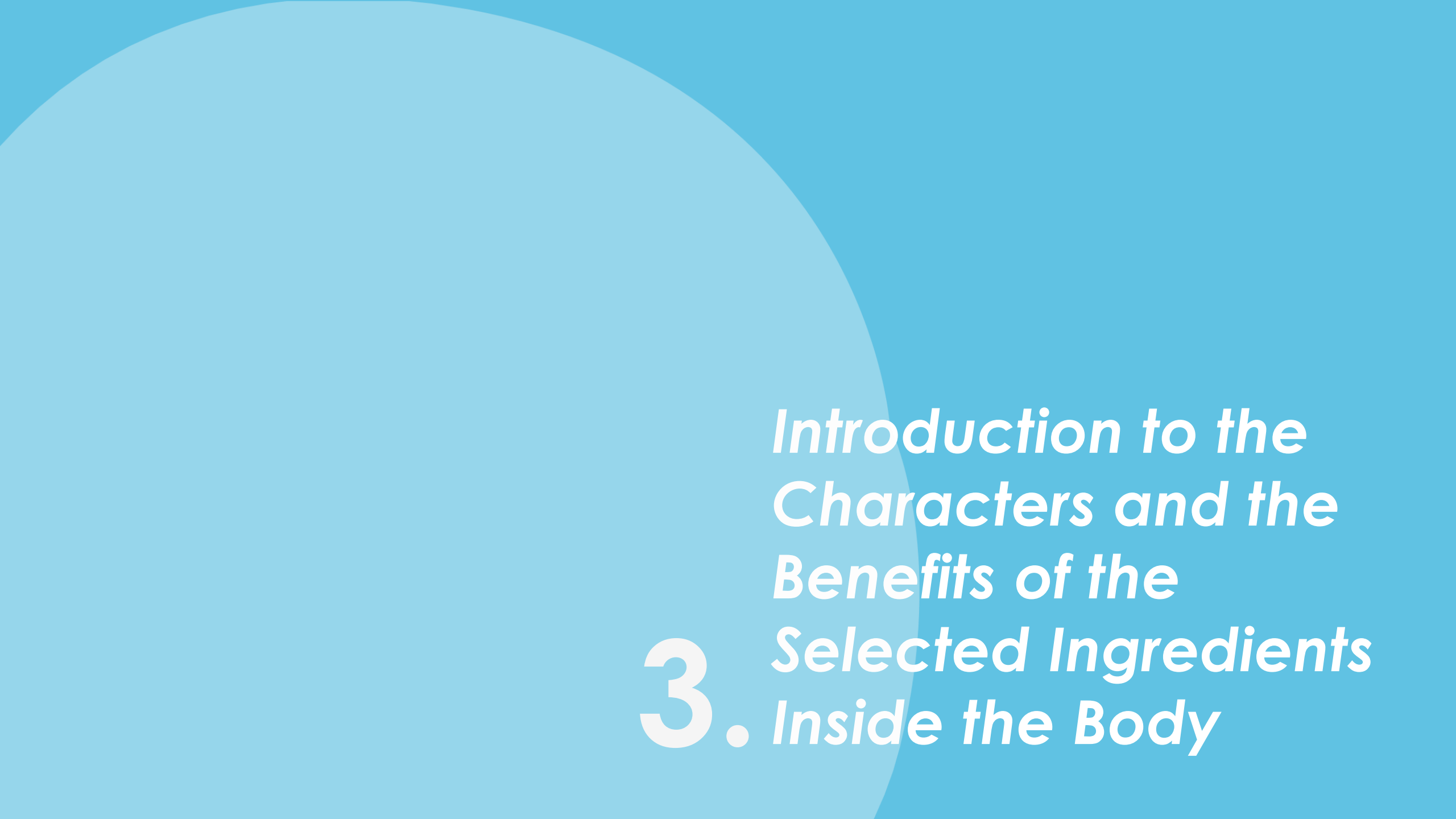
We want to use this opportunity to teach kids about healthy eating by letting them be creative with food. With the chef’s input, education and help, the kids will be able to create recipes out of healthy foods, helping to teach the kids about food and the environment.

Healthy Food List

The following foods have been identified by the Nestle for Healthier kids program as important for both healthy eating for kids as well as for the planet.



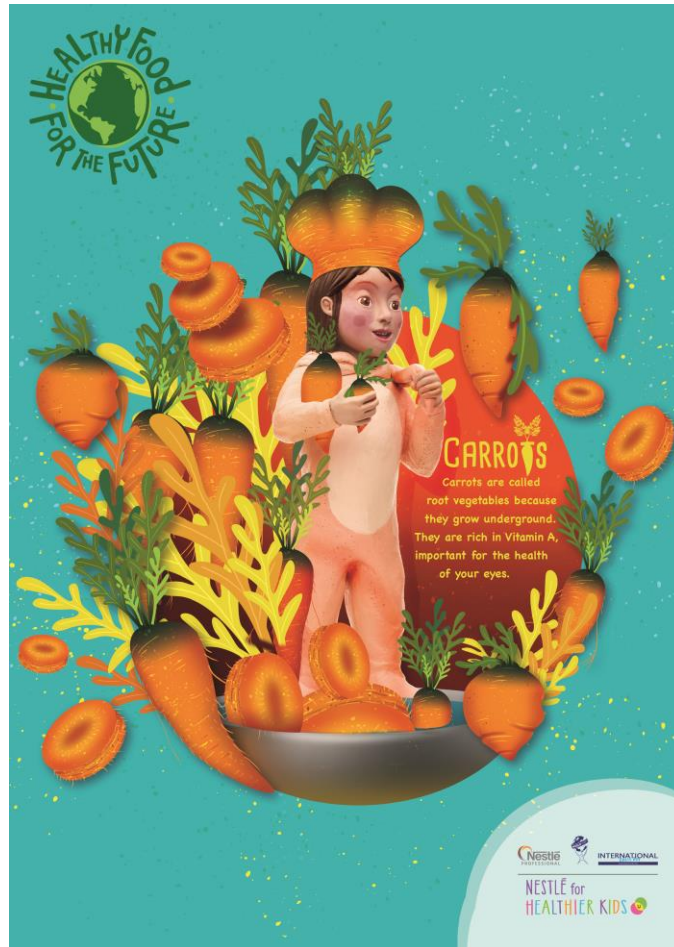
Feel free to have a lot of these available on the day for children to touch, feel and taste... because we know that children are keener to eat things that they are familiar with.



Introduction to the Characters and the Benefits of the 3. Selected Ingredients Inside the Body

Introduction to the characters and the benefits of the new selected ingredients

Based on both the nutritional and environmental benefits of each of these ingredients, we have identified where these ingredients have the most health benefits and why they are good for the planet. This will be communicated consistently throughout the campaign.



Carrots

Carrots are called root vegetables because they grow underground. They are rich in Vitamin A, important for the health of your eyes. Carrots are available all year round.



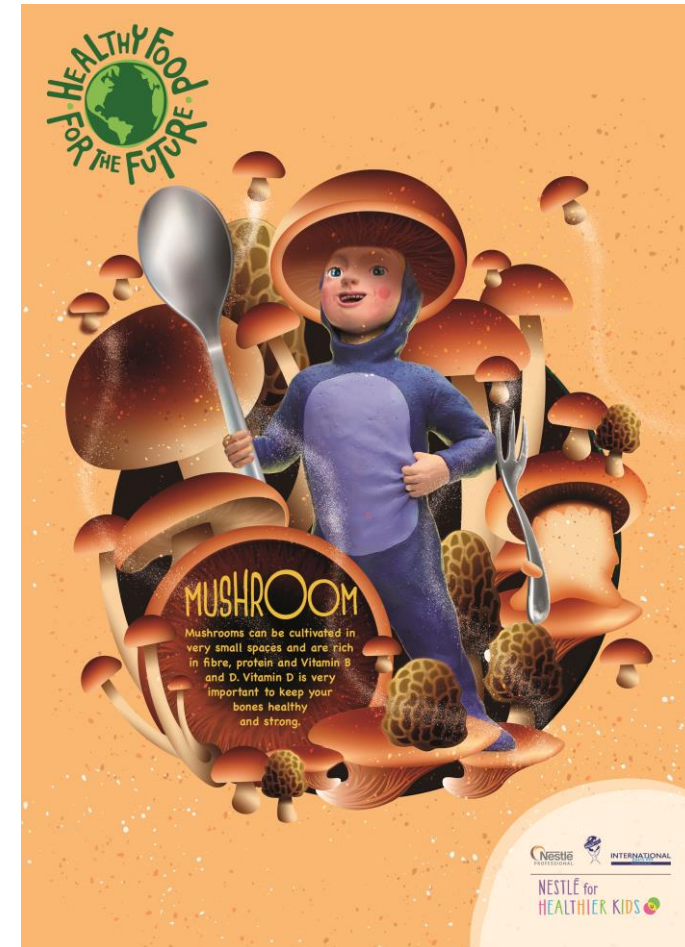
Flaxseed

Flaxseeds are rich in Omega-3 fatty acids that contribute to brain health. So good for your body and brain. The whole flax plant can be used, resulting in no waste.



Kale

Kale is a very strong plant, making it available all year long. This green, leafy vegetable is high in Vitamins A, C, and K.



Mushrooms

Mushrooms can be cultivated in very small spaces and are rich in fibre, protein and Vitamin B and D. Vitamin D is very important to keep your bones healthy and strong.



Quinoa

Quinoa can grow in very high-altitude area like Bolivia or at the sea level like in Chile. It contains a lot of vitamins and minerals, important for the overall function of the body.



Seaweed

Seaweed contains essential fatty acids like Omega-3. It is a great source of antioxidants, which aids in boosting the immune system. Seaweed grows very fast, more than 30 times the rate of land plants.



Soybeans

Soy contains a high amount of Protein, which the body uses to build and maintain bones, muscles and skin. Moreover, it is the crop that provides the most protein per acre of farmland.



Spinach

Spinach is one of the healthiest foods on the planet and can be cultivated all year round. It is an important source of Vitamins A, C, and K.

Getting started – toolkit introduction

This **Healthy Food For The Future** toolkit contains everything you will need to host a super workshop. It includes facts, recipes, fun ideas, tips and printable materials, as well as approval forms, photography guidelines and safety considerations.



Calendar

26 MAR - 28 MAR 2020

M T W T F S S

Worldchefs Board meeting to approve campaign

30 APR 2020

M T W T F S S

Completion of all creative and visual elements of campaign

20 MAY 2020

M T W T F S S

Sharing of campaign material via Worldchefs and Nestlé Professional organizations

JUN 2020

M T W T F S S

Local kick off meetings between Nestlé Professional, Nestlé Healthy kids and local chefs associations (*Nestlé Professional to lead*)

11 JUL - 14 JUL 2020

M T W T F S S

Worldchefs congress: official Launch of ICD 2020 campaign (Worldchefs)

20 JUL - 30 JUL 2020

M T W T F S S

Select event venue and local beneficiary (*Pre-school/School*) (*Nestlé Healthy kids champion & chefs association*)

AUG. 2020

M T W T F S S

Send invitations/permission forms to children/parents (*Nestlé Healthy Kids champion*)

Sep. 2020

M T W T F S S

Translation, preparation and printing of all campaign material (*Nestlé Professional*)
Global social media campaign kicks off

10 OCT - 14 OCT 2020

M T W T F S S

Send event reminders to schools & parents

15 OCT - 19 OCT 2020

M T W T F S S

Source all ingredients and utensils

20 OCT. 2020

M T W T F S S

INTERNATIONAL CHEFS DAY

All month: Social media activation & amplification: post pictures, photos, videos and SHARE

23 OCT 2020

M T W T F S S

Share event report & evaluations form with us

6. Before the Event

The Kitchen/Venue

The most important thing you will need is the right work space in which to host the event. Contact your local schools in your community. This is a great venue for your event. If you have a Nestle Regional Manager in your region, reach out and team up with them or receive guidance on a local kitchen/venue for your event.

If this is not possible, you can use your own resources and connections to secure appropriate kitchen space. For example:

- Make use of a local culinary school kitchen.
- Some schools have large kitchen facilities. Liaise with the school to use these.
- Convert a large classroom into a temporary kitchen. Liaise with the local chefs association to arrange basic utensils and equipment.
- Liaise with your local chefs' associations for other suggestions or venues they can give you access to, without having to pay room rental fees.
- Remember to arrange the venue a month in advance at the latest and communicate the details to all participants.

Health and Safety considerations

- Roll up long sleeves, remove loose clothing and tie back long hair.
- Wear clean closed shoes with non-slip rubber soles.
- Wipe up spills as soon as they happen. Wet spots can be slippery.
- Don't point knives at anyone. Be sure to pre-cut ingredients to avoid kids having to use a knife.
- Don't run in the kitchen or behave in an undisciplined manner that will endanger others.
- Please ensure no utensils, pot handles etc. are over-extending work surfaces to prevent them from being bumped, causing spills, burns or injuries.
- Keep all hot pots and pans safe to prevent accidental burns.
- Shorter hair should be covered with a chef's hat. Do not scratch or comb hair when working with food.
- Keep your fingernails short and clean.
- All cuts and wounds need to be hygienically covered.
- Wear a clean apron.
- Wash hands regularly, particularly after using the toilet, and before/during food handling.
- Keep all ingredients refrigerated until needed.
- Ensure all chopping boards and utensils are clean.
- Don't put cooked food on an unwashed plate or cutting board that held raw food. Always use a clean plate.
- Don't cross-contaminate between dishes.
- Don't bring food into direct contact with printed paper material.
- Never lick or taste with your fingers, always use a tasting spoon and never reuse the spoon.

Prepare yourself for unforeseen incidents by keeping a first-aid kit and an emergency number readily available nearby.

The Kids

Nestlé for Healthier Kids champions should organise the participating kids for each workshop, as they will follow the right channels to arrange the authorisation with the school or organisation. If there isn't a local Nestlé for Healthier Kids champion, you and the Nestlé Professional Food Manager in your market have to liaise directly with the school or organisation to arrange for participating kids.

PLEASE NOTE: It is absolutely crucial to follow the right channels when organising a workshop with a participating group of kids.

The kids

- Connect with a school or organisation of your choice weeks in advance to make sure there is enough time for all concerned to make the necessary arrangements.
- Communicate with the principals, teachers (and parents) involved to explain what the workshop is about.
- Be sure to explain our mission of teaching healthy nutrition to kids. When schools and parents see the bigger picture, they are more willing to take part.
- Liaise with your local chefs association to help you do this.
- If parents need to give consent for their kids to take part in a workshop of this nature, you can print and supply your group with [these attached permission forms](#) before the event.
- Parents need to indicate whether or not they give permission for their kids to be photographed. These photographs will be used on social media. On the day, you will provide kids with one of two badges. The badges will come in two colours and will be used to indicate which of the kids have permission for photos and which do not.
- Remember to send reminders to the school, principal, teachers and parents a day or two before the event.

7. Letter to the Parents & Permission Form



Dear Mom and Dad,

Around the world, teaching our kids about healthy eating has become an important part of their education. Good nutrition is a crucial part of their growth and development. It gives them more energy, improved health and greater focus in school.

For International Chefs Day on 20 October 2020, the {NAME OF LOCAL CHEFS ASSOCIATION} and Nestlé are hosting a fun and healthy cooking experience for kids, as part of the Nestlé for Healthier Kids programme.

This event will take place on {DATE} at {WHERE}.

We would like to invite your kids to participate in our 2020 Healthy Food for the Future workshop where we want to show how food affects both us and the planet.

We want to use this opportunity to teach kids about healthy eating by letting them be creative with food. With the chef's input, education and help, the kids will be able to create healthy recipes.

We look forward to hosting your kids at this fun and educational workshop!

If you are interested in enrolling your kids in this event, please complete the attached form and send it to {ADDRESS}. _____



Permission Forms for the Healthy Food for the Future Workshop.

First and last name of the parent: _____

Email: _____

Phone/mobile phone: _____

First and last name of the kid: _____

Birth date: _____

Allergies or any relevant information about the kid:

☐ I agree that pictures are taken of my kid during this activity. These photos will be made available to me on a temporary and protected website after the event. I agree that photos of my kid can be used only for the communication of the Nestlé for Healthier Kids programme.

☐ I do not agree that pictures of my kid are taken during this activity.

DATE: _____ SIGNATURE: _____

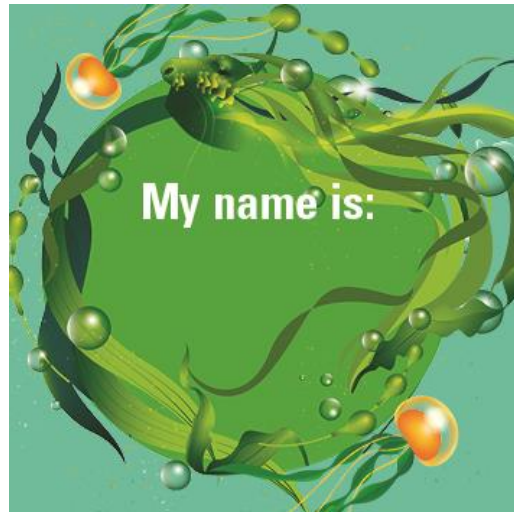
8. During the Event

Printables: a list of printable extras and suggestions on how to use them

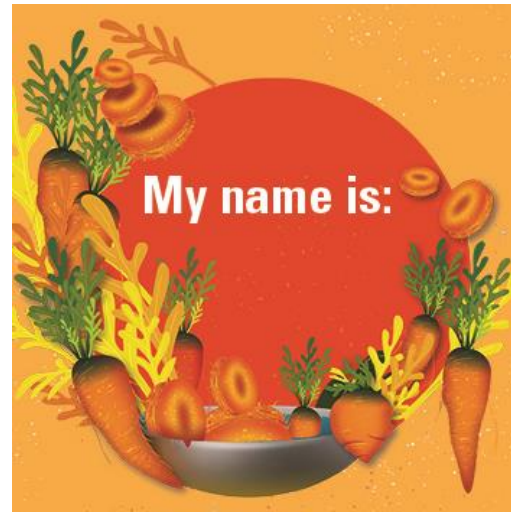
In the toolkit we will provide extra collateral that chefs will be able to print out and use on the day of the workshop.

Badges

We will create badges for the kids to wear. These badges will help chefs to identify which of the kids are allowed to have photos taken and which do not.



Permission to have
photos taken

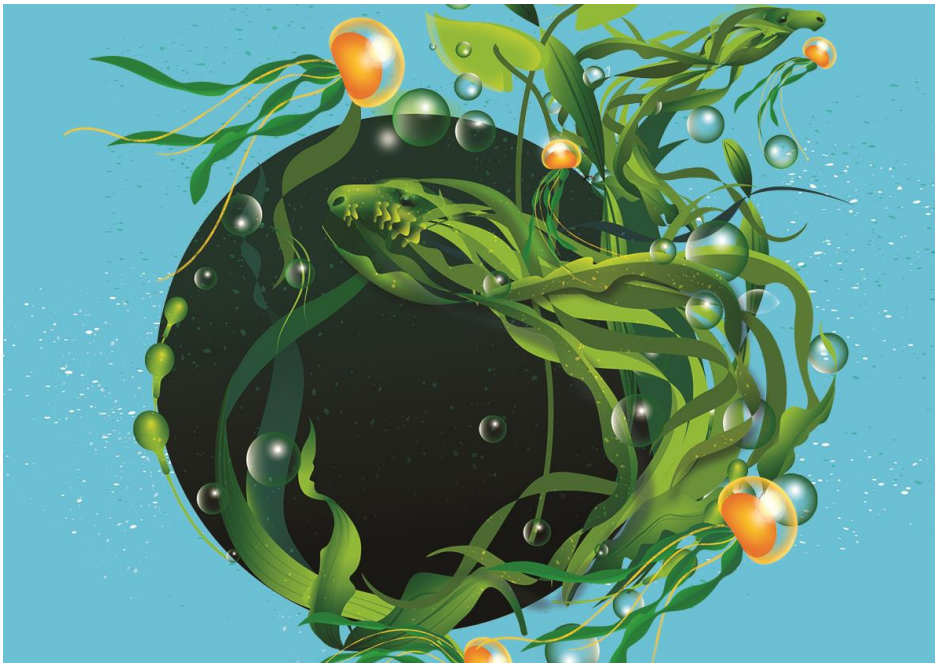


Does not have permission to
have photos taken

Healthy Food for the Future. Place Mats

To get the kid's dishes ready for photos to be used on social media, we will create place mats that are designed with this years **Healthy Food for the Future** theme. The bowl or plate will be placed in the middle of the place mat and around it will be the different backgrounds/environments created for each of the fruits and vegetables.







Recipes

Recipes

Be sure to choose your recipe well in advance of your event; where possible, prepare any ingredients beforehand and make sure you have the right number of utensils, equipment and ingredients to cater for each child participating.

Cool Carrot Cake

Ingredients

Cake		Frosting	
225 g	Fine shredded carrots	150 g	Raw cashews (use another nut if not available)
400 g	Medjool dates (pitted)		Coconut cream
300 g	Raw walnuts	120 ml	Pure maple syrup
15 g	Vanilla extract	40 ml	Lemon juice, fresh squeezed
3 g	Salt	30 ml	Vanilla extract
5 g	Cinnamon	10 ml	
3 g	Ground ginger		
2 g	Nutmeg		
41 g	Raisins		
72 g	Coconut flour or almond flour		

Method

1. Soak the cashews in hot water for 30 minutes - 1 hour. Then rinse and drain.
2. Add to a high-speed blender along with coconut cream, lemon juice, maple syrup, and vanilla and blend on high until very creamy. Cover and refrigerate to chill.
3. Using a box grater, grate the carrots and set aside.
4. In a large food processor, add the pitted dates and blend until small bits remain or a ball forms.
5. Remove from food processor and set aside. If a small processor is used, blend ingredients in smaller batches.
6. In a food processor, add walnuts, vanilla, salt, and spices. Blend until a semi-fine meal, don't over blend. Then add dates back in, shredded carrots, and pulse in 1-second measurements until a loose dough forms and the carrots are just incorporated.
7. Transfer mixture to a large mixing bowl. Add coconut flour and raisins, stir to combine. For a "cake-like" texture. Set aside.
8. Prepare a 7-9 inch spring form pan (or any high-edge pan), by adding parchment paper along the bottom and sides. Then add the cake mixture, and fill the pan and press down evenly.
9. Pour the frosting onto cake. Freeze for 3-4 hours or until the frosting is semi-firm to the touch.
10. To serve, let the cake thaw on the counter for 30 minutes. Then use a hot knife to carefully cut out slices and enjoy. Garnish with more nuts and raisins.

Note: Make a cake prior to event so it may freeze in time. When preparing with the children, pull the cake from freezer to be eaten after you prepare the recipe.



	Calculated Nutrients per portions of 100%	Calculated Nutrients per 100g or 100ml at 100%
Energy (kcal)	115 kcal/ 483 kJ	51 kcal/ 214 kJ
Protein (g)	5g	2g
Fats, total (g)	1g	0g
Carbohydrate, total (g)	24g	10g
Sugars, total (g)	14g	7g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	2g	1g
Sodium (mg)	58mg	24mg
Calcium (mg)	173mg	74mg
Iron (mg)	0mg	0mg
Vitamin A, IU	67 IU	31 IU
Vitamin C (mg)	34mg	15mg

*Nutritional values may vary.

NESTLÉ PROFESSIONAL
NESTLÉ for HEALTHIER KIDS
HYPERLASCOPH

Sushi Powered Avocado and Cucumber

Ingredients

300	gr	Brown rice cooked and cooled
60	ml	Vinegar
		*Dried nori (4 sheets)
200	gr	Lebanese cucumber cut into 5cm batons
150	gr	Skin removed and core removed - avocado sliced thinly
60	ml	Cold water

Method

1. Prepare the rice prior to assembly.
2. Mix the vinegar and water in a bowl.
3. Lay the nori sheet on a bamboo mat. Dip your hands in the water vinegar mix and use your hands to evenly spread the rice over the bottom 2/3 of the nori sheet. Leave the edges free of rice.
4. Place the sliced avocado and the sliced cucumber across the centre of the rice lengthways to you. Use your bamboo mat to roll the nori roll away from you until you have a complete roll. Wrap each roll in cling wrap or cover with a damp towel. This will stop the nori drying out. If you have the time, leave for 30 min and then slice to serve.

	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	115 kcal/ 483 kJ	81 kcal/ 214 kJ
Protein (g)	5g	2g
Fats, total (g)	1g	0g
Carbohydrate, total (g)	24g	10g
Sugars, total (g)	14g	7g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	2g	1g
Sodium (mg)	58mg	24mg
Calcium (mg)	173mg	74mg
Iron (mg)	0mg	0mg
Vitamin A, IU	49 IU	21 IU
Vitamin C (mg)	34mg	15mg

*Nutritional values may vary.



NESTLE FOR HEALTHIER KIDS

Souper Soup

Ingredients

4		Tomato, blended, without peel
40	g	Tomato paste
2	tblsp	Olive oil
1		Onion, chopped
2		Cloves Garlic, minced
1	tblsp	Sage leaf, dried
705	ml	Water
		Salt, to season to taste
		White pepper, ground, to season to taste
150	g	Carrot, brunoise
150	g	Celery, brunoise
150	g	Parsley, fresh
100	g	Leek, brunoise
1		Bay leaf
100	g	Pasta shells
40	g	Lentils, dried

Method

1. Heat oil in a large saucepan on medium heat and sauté garlic for five minutes.
2. Add carrots, lentils, celery, parsley, leek, herbs and cook for a few minutes.
3. Add tomatoes, water, tomato paste, salt and pepper.
4. Cook covered for 20 minutes.
5. Stir and add chopped parsley and boiled pasta right before serving.

	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	115 kcal/ 483 kJ	81 kcal/ 214 kJ
Protein (g)	5g	2g
Fats, total (g)	1g	0g
Carbohydrate, total (g)	24g	10g
Sugars, total (g)	14g	7g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	2g	1g
Sodium (mg)	58mg	24mg
Calcium (mg)	173mg	74mg
Iron (mg)	0mg	0mg
Vitamin A, IU	49 IU	21 IU
Vitamin C (mg)	34mg	15mg

*Nutritional values may vary.



NESTLE FOR HEALTHIER KIDS

Krunchy Kale Chips

Ingredients

500	gr	Kale
40	gr	Olive oil
1	lsp	Salt

Method

1. Preheat oven to 180 degrees.
2. Place baking paper on a flat tray.
3. Carefully cut the leaves from the kale stems and tear into bite size pieces.
4. Wash the kale and dry completely (you want very little moisture).
5. Place the pieces of kale on the baking paper, drizzle olive oil and sprinkle with salt.
6. Bake in the oven for 10-12 min

	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	115 kcal/ 483 kJ	81 kcal/ 214 kJ
Protein (g)	5g	2g
Fats, total (g)	1g	0g
Carbohydrate, total (g)	24g	10g
Sugars, total (g)	14g	7g
Fats, saturated (g)	0g	0g
Fibre, total dietary (g)	2g	1g
Sodium (mg)	58mg	24mg
Calcium (mg)	173mg	74mg
Iron (mg)	0mg	0mg
Vitamin A, IU	49 IU	21 IU
Vitamin C (mg)	34mg	15mg

*Nutritional values may vary.



NESTLE FOR HEALTHIER KIDS

Super Spinach Pancake Mix

Ingredients

1		Chicken breast fillet
1	clove	Garlic
100	g	Red bell pepper
40	g	Cheddar cheese
100	g	Carrot
100	g	Broccoli fresh
250	ml	Sparkling water
120	g	Buckwheat flower
1		Egg
1	tsp	Turmeric, ground
100	g	Spinach, fresh
1	tsp	Parsley, fresh, chopped
1	tsp	Olive oil, for frying
		Salt, to season to taste
		Black pepper, ground, to season to taste

Method

1. Cut chicken into thin strips, add salt and pepper and steam cook.
2. Add pepper, carrot and broccoli sliced, to the chicken. Add salt, pepper and herbs. Steam cook.
3. Pancake batter: Melt the butter. Pour milk and water into a bowl, add flour, egg and the melted butter.
4. Blend all together.
5. The batter should have a creamy texture. Divide into two portions and pour into separate bowls.
6. Add turmeric to the first bowl. To the second, add chopped parsley and spinach and mix.
7. Pour into pan to make pancakes.
8. Place the chicken mix on the pancake with cheese, roll up and fry on dry pan for 2-3 min.

	Calculated Nutrients per portions at 100%	Calculated Nutrients per100g or 100ml at 100%
Energy (kcal)	200 kcal/ 837 kJ	91 kcal/ 382 kJ
Protein (g)	10g	4g
Fats, total (g)	7g	3g
Carbohydrate, total (g)	28g	13g
Sugars, total (g)	4g	2g
Fats, saturated (g)	3g	1g
Fibre, total dietary (g)	5g	2g
Sodium (mg)	145mg	47mg
Calcium (mg)	81mg	22mg
Iron (mg)	5mg	2mg
Vitamin A, IU	761 IU	247 IU
Vitamin C (mg)	43mg	29mg

*Nutritional values may vary.



NESTLE FOR HEALTHIER KIDS



Activities At the Workshop

Activities at the workshop

- When the kids arrive at the venue, it is important that they receive a name badge as soon as possible - the badges not only identify the kids, but because of the colour coding, the photographer will be able to identify kids with and without permission for photography. If you are collaborating with Nestlé during the event, their organisers will take care of this.
- Once you have been introduced and the children have settled, you can talk to the kids about what it's like to be a chef and why you love what you do. You can also tell the children what healthy foods are both good for you and the planet, which is your favourite one and why exactly does it help the planet.
- You can tell the kids that there are certain foods that can give them all the nutrition they need to help their body to become the healthiest it can be but also make the planet healthy, which will be supported by posters in the toolkit for you to hang up.
- You can also discuss the benefits of the food in your chosen recipe and explain the benefits.

Activities at the workshop

- Support teams should be encouraged to dress up and to take part in the day with the kids. The support team can choose one of their favourite ingredients from the selected list and use that image to dress up. This way they can encourage discussions with the kids around the different healthy foods.
- Once done, the kids will place their dishes on the place mats provided in the toolkit to be photographed. Note that no Nestlé or any other branding is allowed. We've also included photography tips in the toolkit to guide you.



Taking Photos At the Workshop

Taking photos of the kid's dishes

Remember to capture and share your event.

- Make sure you bring a digital camera or good smartphone to the workshop.
- Use the placemats provided as a base for your photos.
- Take quality pictures that will do justice to the unique artwork the kids create.
- To help you do this, we have included a handy [Food Photography Guide](#) to help you take the best pictures possible.
- Share the pictures with the world.
- You can send these to the schools and parents.
- Remember to also share them on our Facebook page.

Reminder:

- There should be no branding in the photos taken.
- Permission must be acquired from parents before photos can be taken of the kids.
- Kids to wear photography permission badges. [Click here to download.](#)
- Only take photos of children with permission badges.



Games to Play With the Kids At the Workshop

Games to play with the kids at the workshop

We will give kids the chance to demonstrate Healthy Food for the Future through fun activities. You can choose which of the activities on the list you would like to play.

For example:

Snack Snap

After the kids have taken photos of their meals, they can play 'Snack Snap'. The aim of the game is to match cards with the same ingredient on. We will provide the card decks. The kids can be divided into groups depending on how many take part.




Name that ingredient

We will create a set of cards with facts about each of this years ingredients. You can call out the facts and the kids will have to guess what ingredient is on the card. This allows for interactive learning of the ingredients that can be fun and engaging.

1. This ingredient grows all year round
2. It is one of the healthiest foods
3. It is green and grows from the ground
4. It can have smooth leaves shaped like tear drops or wrinkly leaves
5. It is an important source of Vitamins A, C and K.

Answer: Spinach



HEALTHY Food FOR THE FUTURE

CARROTS

1. This vegetable is known as a root vegetable
2. Rich in Vitamin A
3. Comes in different colours but orange is the most common
4. Grows throughout the year
5. Aids good vision

Climate Change & Sustainable Development Goals



HEALTHY Food FOR THE FUTURE

FLAXSEED

1. Rich in Omega-3 and fatty acids
2. Contributes to the health of your brain
3. Can use the whole plant from the seeds to the plant so there is no waste
4. Available in the form of seeds, oils, powder, tablets, capsules, and flour.

Climate Change & Sustainable Development Goals



HEALTHY Food FOR THE FUTURE

KALE

1. It is a very strong plant
2. It is green and leafy
3. Contains Vitamin C which is a powerful antioxidant important for the immune system
4. Available all year long

Climate Change & Sustainable Development Goals



HEALTHY Food FOR THE FUTURE

MUSHROOM

1. Can be cultivated in very small spaces
2. Rich in fibre and protein
3. They keep your bones healthy and strong
4. They are a superfood

Climate Change & Sustainable Development Goals



HEALTHY Food FOR THE FUTURE

QUINOA

1. Grows in very high-altitude areas
2. Rich in fibre and protein
3. World's most popular health food
4. It is a grain crop that is grown for its edible seeds

Climate Change & Sustainable Development Goals




HEALTHY Food FOR THE FUTURE

SEAWEED

1. Important for the ecosystem
2. Contains essential fatty acids like Omega-3
3. Aids in boosting the immune system
4. Grows very fast, more than 30 times the rate of land plants

Climate Change & Sustainable Development Goals



HEALTHY Food FOR THE FUTURE

SOYBEANS

1. Contains a high amount of Protein
2. The body uses to build and maintain bones, muscles and skin
3. It is the crop that provides the most protein per acre of farmland.
4. Uses water more efficiently

Climate Change & Sustainable Development Goals



HEALTHY Food FOR THE FUTURE

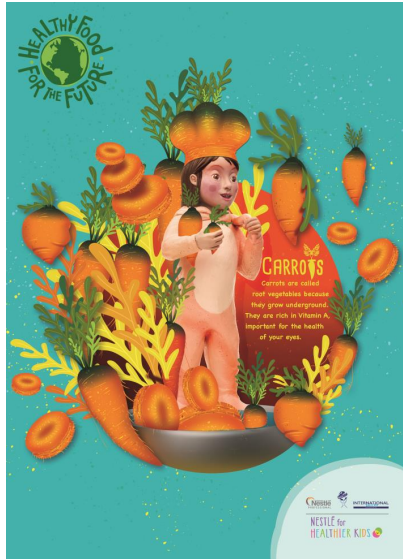
SPINACH

1. Can be cultivated all year round
2. One of the healthiest foods on the planet
3. An important source of Vitamins A, C and K
4. It can have smooth leaves shaped like tear drops or wrinkly leaves

Climate Change & Sustainable Development Goals

Grow your own crop

Get the kids to plant their own seeds. From the list of ingredients, choose the ingredients that are the easiest to grow. Help the kids plant the seeds in small containers while at the same time discussing the benefits of that ingredient with them. In the toolkit will be cards for each of the ingredients. Give each of the kids a card that goes with their seed. This teaches kids the importance of food and the environment. It is fun and teaches them responsibility.



At the end of the event

At the end of the event, every kids will receive a beautifully designed certificate with a personal note from you, motivating them to continue eating healthily once they leave the workshop. We've included the printable certificate in your toolkit, please remember to print enough certificates for each child participating before the event.





10 Extending the Theme In Your Restaurant

How chefs can extend the grown ups theme in their restaurants

Whilst International Chefs Day is on the 20th of October 2020, the message of healthy eating is always important, and chefs should be encouraged to use this in their restaurants every day.

There are simple ways for chefs to incorporate the Healthy Foods for Growing Up theme into their businesses:

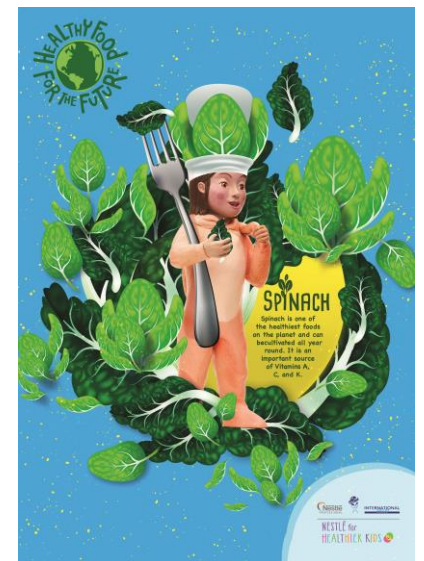
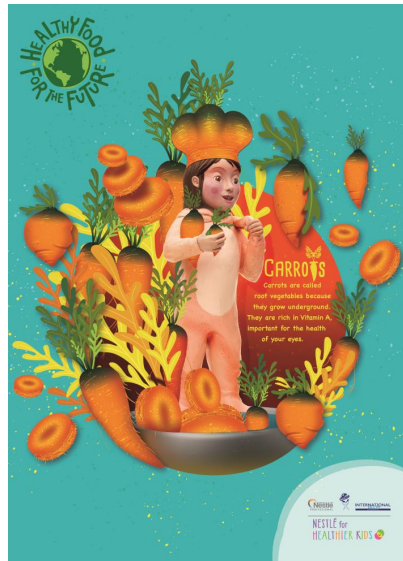
- Create 'Did you Know?' cards that have info about the different ingredients and how they keep both us and the planet healthy. These could double up as colouring in and activity cards
- Serve healthy meals on interesting place mats to make them more exciting
- Supply a "prop" with their meal - like fun cut-outs of the different ingredients
- Create an indoor garden where you plant this year's ingredients and where kids can 'harvest the ingredients'
- Give kids a small packet of seeds instead of a toy with meals that they can take home and plant
- Use your social media platforms to give fun tips or facts about healthy eating and the environment

There are many ways that you can help share the importance of healthy eating for children through your business. We would like to hear about your winning ideas.

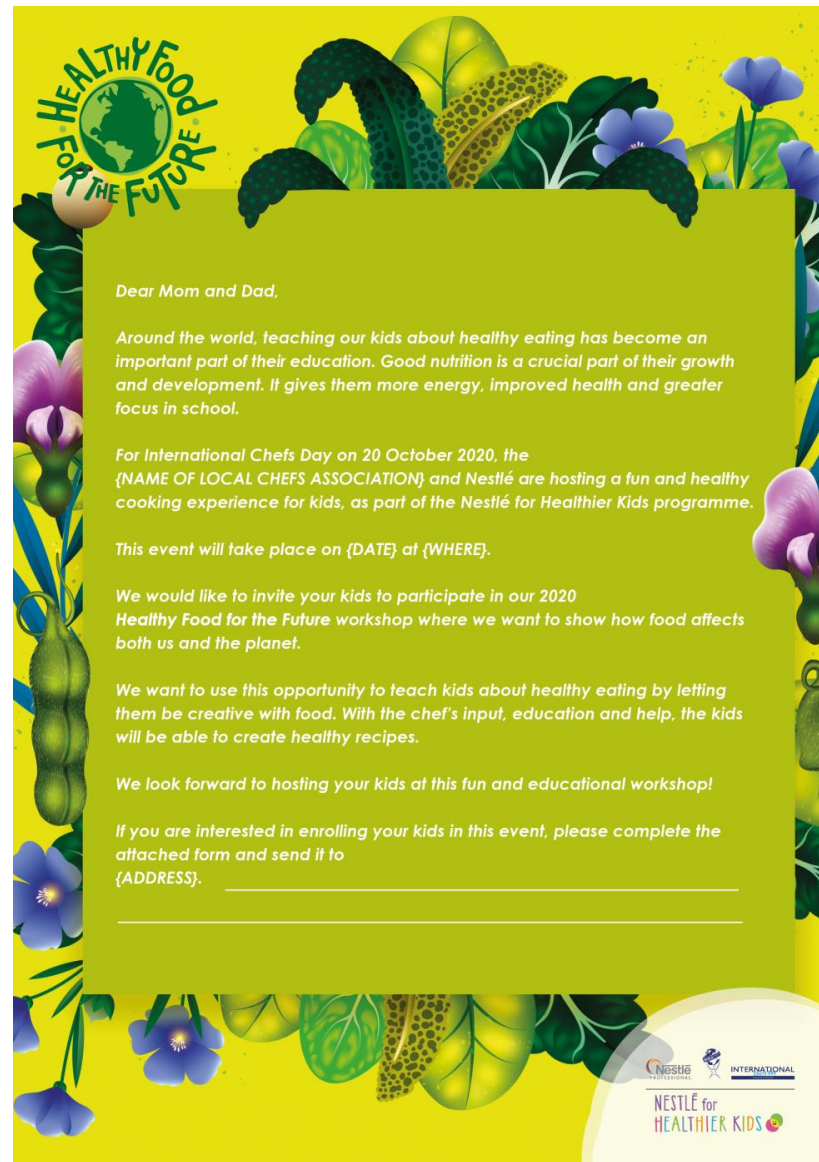


Addendum


Posters - [Click Here to Download](#)



Letter to Parents - [Click Here to Download](#)



Permission Form - [Click Here to Download](#)



**Permission Forms for the
Healthy Food for the Future Workshop.**

First and last name of the parent: _____

Email: _____

Phone/mobile phone: _____

First and last name of the kid: _____



Birth date: _____

Allergies or any relevant information about the kid:

☐ I agree that pictures are taken of my kid during this activity. These photos will be made available to me on a temporary and protected website after the event. I agree that photos of my kid can be used only for the communication of the Nestlé for Healthier Kids programme.

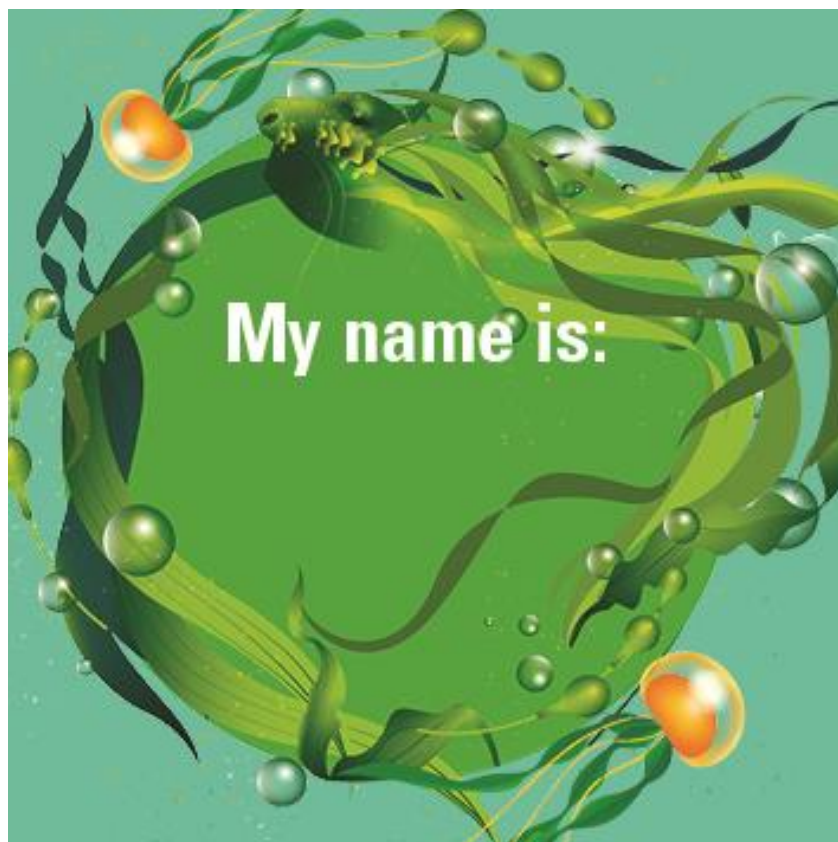
☐ I do not agree that pictures of my kid are taken during this activity.

DATE: _____ SIGNATURE: _____

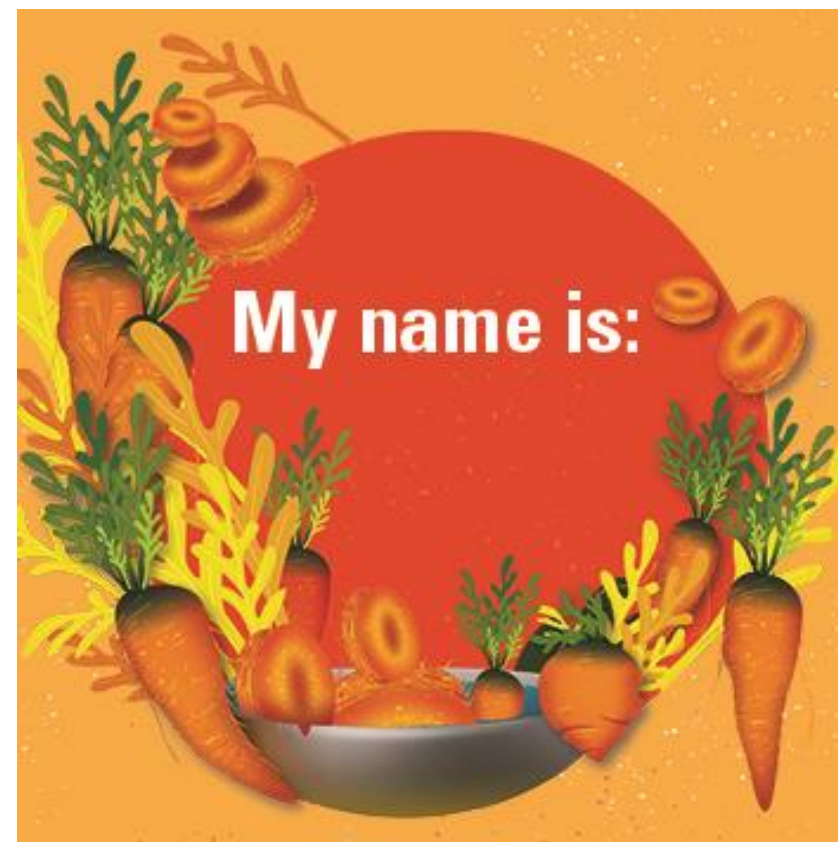


NESTLÉ for
HEALTHIER KIDS

Photo Permission Badges - [Click Here to Download](#)



Permission to have
photos taken



Does not have permission to
have photos taken

Placemats- [Click Here to Download](#)



[illegible][illegible]

Super Savoury Pasta

Ingredients:

- 175g of short pasta and 100g vegetables
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil
- 175g of - 1/2 cup of olive oil

Method:

1. Bring oil and pasta to a boil. Cook for 10 minutes. Drain and add to a bowl. Add the vegetables and 1/2 cup of olive oil. Stir well. Add to the bowl. Add the vegetables and 1/2 cup of olive oil. Stir well. Add to the bowl. Add the vegetables and 1/2 cup of olive oil. Stir well.



[illegible]

Crunchy Maple Date Granola Pieces

Ingredients

1 cup Raisins
1/2 cup Walnuts, coarsely chopped
1/2 cup Pecans, coarsely chopped
1/2 cup Sunflower seeds
1/2 cup Pumpkin seeds
1/2 cup Rolled oats
1/2 cup Honey
1/2 cup Maple syrup
1/2 cup Coconut oil
1/2 cup Baking powder
1/2 cup Baking soda
1/2 cup Salt

Method

1. Preheat oven to 350°F. Line a large and small metal pan with parchment paper.
2. In a large bowl, combine the raisins, walnuts, pecans, sunflower seeds, pumpkin seeds, rolled oats, honey, maple syrup, coconut oil, baking powder, baking soda, and salt.
3. Mix well. Divide the mixture into two equal parts. Press one part into the large pan and the other part into the small pan. Bake for 15 minutes. Remove from oven and let cool.
4. Break the granola into small pieces. Store in airtight containers for up to 2 weeks.



Granola Recipe
Preparation Time: 15 minutes
Cooking Time: 15 minutes
Serves: 12
Ingredients:
1 cup Raisins
1/2 cup Walnuts, coarsely chopped
1/2 cup Pecans, coarsely chopped
1/2 cup Sunflower seeds
1/2 cup Pumpkin seeds
1/2 cup Rolled oats
1/2 cup Honey
1/2 cup Maple syrup
1/2 cup Coconut oil
1/2 cup Baking powder
1/2 cup Baking soda
1/2 cup Salt

© 2014 The Granola Company

[illegible][illegible]

Poke it Up for Seaweed

Ingredients

400 g	1/2	Seaweed (see comment)	Drumstick	
250 g	1/2	Iceberg lettuce	1/2	Red cabbage
100 g	1/2	Carrots (see comment)	1/2	Green bell pepper
60 g	1/2	Tomato (see comment)	1/2	Red chili
40 g	1/2	Onion (see comment)	1/2	Red chili
100 g	1/2	Spring onions	1/2	Onion (see comment)
100 g	1/2	Cherry tomatoes (see comment)		
140 g	1/2	Avocado (see comment)		
400 g	1/2	Apple (see comment)		
100 g	1/2	Apple (see comment)		

Method

1. Wash seaweed at room temperature for 1 hour and dry it. Mix all of the salad ingredients together (except the seaweed).
2. To be healthy or cosmetic, cut off the green seaweed (bitter) and eat the red part.
3. To be healthy or cosmetic, cut off the green seaweed (bitter) and eat the red part.
4. Place the seaweed in a bowl and add the salad ingredients on top of the rice and drizzle the dressing on top. Place the Apple (see comment) on top and garnish the salad with the apple salad.



Seaweed (see comment)

Iceberg lettuce

Carrots (see comment)

Tomato (see comment)

Onion (see comment)

Spring onions

Cherry tomatoes (see comment)

Avocado (see comment)

Apple (see comment)

Apple (see comment)

Quinoa Almond Butter No Bake Snack

Ingredients

120 g	Cooked quinoa (cooked)
30 g	Butter
60 g	Shred coconut
60 g	Chopped
40 g	Pumpkin seeds
100 g	Almond butter
20 g	Maple syrup
1	Vanilla extract
1	Ground cinnamon

Method

1. In a food processor, put together with and cooked quinoa.
2. Remove your mixture in a bowl and add in remaining ingredients.
3. Roll dough into firm round balls and place on a tray. It should make 12-15.
4. Place in the freeze until chilled and enjoy anytime on a healthy snack.

Quinoa Almond Butter No Bake Snack

Preparation time: 10 minutes
Cooking time: 0 minutes
Total time: 10 minutes

Servings: 12-15 balls

Calories: 120 kcal

Ingredients:

- 120 g Cooked quinoa (cooked)
- 30 g Butter
- 60 g Shred coconut
- 60 g Chopped
- 40 g Pumpkin seeds
- 100 g Almond butter
- 20 g Maple syrup
- 1 Vanilla extract
- 1 Ground cinnamon

Method:

1. In a food processor, put together with and cooked quinoa.
2. Remove your mixture in a bowl and add in remaining ingredients.
3. Roll dough into firm round balls and place on a tray. It should make 12-15.
4. Place in the freeze until chilled and enjoy anytime on a healthy snack.

Roasted Roasty Carrots

Ingredients

- 400 g Baby carrots
- 100 g Red onion cut through the root end into 12 wedges
- 40 ml Olive oil
- 30 ml Red wine vinegar
- 5 g Ground coriander
- 5 g Ground paprika
- 20 g Chopped fresh mint
- 20 g Lemon juice

Method

1. Preheat oven to 204 degrees C.
2. Place carrots and onion in roasters baking dish.
3. In a small bowl, whisk the olive oil with the red wine vinegar and paprika.
4. Pour this mixture over the carrots and onion, gently breaking to coat.
5. Roast until carrots and onions are tender about 35 minutes.
6. Garnish with mint and lemon juice.

Recipe Card Recipe Name: Roasted Roasty Carrots Recipe Type: Vegetarian Recipe Category: Side Dish Recipe Yield: 4 servings Recipe Date: 10/10/2019 Recipe Author: The Healthy Kitchen	Preparation Time: 10 minutes Cooking Time: 35 minutes Total Time: 45 minutes Servings: 4
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Spinach Power Pesto

Ingredients

- 1/2 cup Basil leaves, large
- 1/2 cup Fresh spinach leaves
- 1/2 cup Fresh parsley leaves
- 1/2 cup Fresh cilantro leaves
- 1/2 cup Fresh dill leaves
- 1/2 cup Fresh mint leaves
- 1/2 cup Fresh lemon juice
- 1/2 cup Fresh olive oil
- 1/2 cup Fresh garlic
- 1/2 cup Fresh salt
- 1/2 cup Fresh pepper

Method

1. Wash basil leaves and cut into 1/2 inch long Basil leaves.
2. Wash spinach leaves and cut into 1/2 inch long Spinach leaves.
3. Wash parsley leaves and cut into 1/2 inch long Parsley leaves.
4. Wash cilantro leaves and cut into 1/2 inch long Cilantro leaves.
5. Wash dill leaves and cut into 1/2 inch long Dill leaves.
6. Wash mint leaves and cut into 1/2 inch long Mint leaves.
7. Wash lemon juice and cut into 1/2 inch long Lemon juice.
8. Wash olive oil and cut into 1/2 inch long Olive oil.
9. Wash garlic and cut into 1/2 inch long Garlic.
10. Wash salt and cut into 1/2 inch long Salt.
11. Wash pepper and cut into 1/2 inch long Pepper.

Spinach Power Pesto

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- 1/2 cup Basil leaves, large
- 1/2 cup Fresh spinach leaves
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- 1/2 cup Fresh olive oil
- 1/2 cup Fresh garlic
- 1/2 cup Fresh salt
- 1/2 cup Fresh pepper

Method

1. Wash basil leaves and cut into 1/2 inch long Basil leaves.
2. Wash spinach leaves and cut into 1/2 inch long Spinach leaves.
3. Wash parsley leaves and cut into 1/2 inch long Parsley leaves.
4. Wash cilantro leaves and cut into 1/2 inch long Cilantro leaves.
5. Wash dill leaves and cut into 1/2 inch long Dill leaves.
6. Wash mint leaves and cut into 1/2 inch long Mint leaves.
7. Wash lemon juice and cut into 1/2 inch long Lemon juice.
8. Wash olive oil and cut into 1/2 inch long Olive oil.
9. Wash garlic and cut into 1/2 inch long Garlic.
10. Wash salt and cut into 1/2 inch long Salt.
11. Wash pepper and cut into 1/2 inch long Pepper.

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Quinoa with Spinach and Mushrooms

Ingredients

30 oz	Quinoa
10 oz	Yellow onion sliced
15 oz	Garlic
10 oz	Mushrooms
400 g	Tomato
4 oz	Hot chili
1	Ground paprika
400 g	Vegetable broth
100 g	Shallots
45 oz	Fresh parsley chopped

Method

1. Boil quinoa in 3 times more salt water (one cup and three salt) until done.
2. Add onion and saute for 3 minutes.
3. Add tomato and saute for 3 minutes.
4. Add mushrooms and saute until all water is absorbed (about 12 minutes).
5. Add all seasonings and garlic, cook for 3 minutes.
6. Add quinoa, vegetable broth, salt and pepper (not bring to boil).
7. Reduce heat and simmer uncovered for 12 minutes.
8. Toss off heat and let rest for 3 minutes, fluff and serve.

<p> Preparation time 10 minutes Cooking time 30 minutes Total time 40 minutes Servings 4 </p>	<p> Preparation time 10 minutes Cooking time 30 minutes Total time 40 minutes Servings 4 </p>
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Ginger, Carrot Vision Soup

Ingredients

- 1 Onion
- 1 Carrot
- 2 C. White radish
- 1 C. Parsnips
- 1 C. Sweet potato, fresh
- 1 C. Turnip
- 1 C. Celery
- 1 C. Cauliflower
- 1 C. Broccoli
- 1 C. Kale
- 1 C. Spinach
- 1 C. Swiss chard
- 1 C. Beet
- 1 C. Pumpkin
- 1 C. Butternut squash
- 1 C. Acorn squash
- 1 C. Spaghetti squash
- 1 C. Zucchini
- 1 C. Eggplant
- 1 C. Cucumber
- 1 C. Bell pepper
- 1 C. Cherry tomato
- 1 C. Olive oil
- 1 C. Salt
- 1 C. Pepper
- 1 C. Garlic
- 1 C. Onion powder
- 1 C. Dried herbs
- 1 C. Dried fruit
- 1 C. Dried vegetables
- 1 C. Dried mushrooms
- 1 C. Dried lentils
- 1 C. Dried beans
- 1 C. Dried chickpeas
- 1 C. Dried tofu
- 1 C. Dried tempeh
- 1 C. Dried seitan
- 1 C. Dried veggie burger
- 1 C. Dried veggie sausage
- 1 C. Dried veggie hot dog
- 1 C. Dried veggie pizza
- 1 C. Dried veggie sandwich
- 1 C. Dried veggie burger
- 1 C. Dried veggie sausage
- 1 C. Dried veggie hot dog
- 1 C. Dried veggie pizza
- 1 C. Dried veggie sandwich



Method

1. Wash all the vegetables and by them lovely. In the pan start adding chopped carrots.
2. Add olive oil and the onion and fry for 5 min. Add the carrots in a food processor, add the onion. Season to taste with salt and pepper and cook for 10 min.
3. The consistency is right when the soup is smooth.

Ingredient	Amount	Unit	Weight	Volume
Onion	1	medium	150g	1 cup
Carrot	1	medium	150g	1 cup
White radish	2	medium	300g	2 cups
Parsnips	1	medium	150g	1 cup
Sweet potato, fresh	1	medium	150g	1 cup
Turnip	1	medium	150g	1 cup
Celery	1	medium	150g	1 cup
Cauliflower	1	medium	150g	1 cup
Broccoli	1	medium	150g	1 cup
Kale	1	medium	150g	1 cup
Spinach	1	medium	150g	1 cup
Swiss chard	1	medium	150g	1 cup
Beet	1	medium	150g	1 cup
Pumpkin	1	medium	150g	1 cup
Butternut squash	1	medium	150g	1 cup
Acorn squash	1	medium	150g	1 cup
Spaghetti squash	1	medium	150g	1 cup
Zucchini	1	medium	150g	1 cup
Eggplant	1	medium	150g	1 cup
Cucumber	1	medium	150g	1 cup
Bell pepper	1	medium	150g	1 cup
Cherry tomato	1	medium	150g	1 cup
Olive oil	1	medium	150g	1 cup
Salt	1	medium	150g	1 cup
Pepper	1	medium	150g	1 cup
Garlic	1	medium	150g	1 cup
Onion powder	1	medium	150g	1 cup
Dried herbs	1	medium	150g	1 cup
Dried fruit	1	medium	150g	1 cup
Dried vegetables	1	medium	150g	1 cup
Dried mushrooms	1	medium	150g	1 cup
Dried lentils	1	medium	150g	1 cup
Dried beans	1	medium	150g	1 cup
Dried chickpeas	1	medium	150g	1 cup
Dried tofu	1	medium	150g	1 cup
Dried tempeh	1	medium	150g	1 cup
Dried seitan	1	medium	150g	1 cup
Dried veggie burger	1	medium	150g	1 cup
Dried veggie sausage	1	medium	150g	1 cup
Dried veggie hot dog	1	medium	150g	1 cup
Dried veggie pizza	1	medium	150g	1 cup
Dried veggie sandwich	1	medium	150g	1 cup

Crunchy Kale Chips

Ingredients

500 g Kale
40 g Oil
1 tsp Salt

Method

1. Preheat oven to 180 degrees.
2. Place kale leaves on a flat tray. Carefully cut the leaves from the kale stems and tear into bite size pieces.
3. Wash the kale and dry completely (you want very little moisture).
4. Toss the pieces of kale in the baking paper, drizzle with oil and sprinkle with salt.
5. Bake in the oven for 10-12 min.

	Estimated Weight	Estimated Volume
Recipe Yield	1.13 kg (25 lb 14.2)	1.00 kg (2.2 lb)
Waste	0.00 kg (0.00 lb)	0.00 kg (0.00 lb)
Net Weight	1.13 kg (25 lb 14.2)	1.00 kg (2.2 lb)
Net Volume	0.00 m ³	0.00 m ³
Waste	0.00 kg (0.00 lb)	0.00 kg (0.00 lb)
Net Weight	1.13 kg (25 lb 14.2)	1.00 kg (2.2 lb)
Net Volume	0.00 m ³	0.00 m ³

1.13 kg (25 lb 14.2)
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 1.13 kg (25 lb 14.2)
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1.13 kg (25 lb 14.2)
 1.00 kg (2.2 lb)
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 1.13 kg (25 lb 14.2)
 1.00 kg (2.2 lb)
 0.00 m³
 0.00 m³

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Tropical Green Smoothie

Ingredients

- 200 g  **spinach**, roughly chopped and lightly washed
- 100 g  **bananas**, sliced (chopped and lightly washed)
- 200 g  **apples**, sliced and lightly washed
- 100 g  **oranges**, sliced and lightly washed
- 100 g  **lemons**, sliced and lightly washed
- 100 g  **mango**, sliced and lightly washed

Method

1. Place all ingredients into blender.
2. Blend 1-2 minutes on high speed until smooth.
3. Pour into glass and serve with wide smile.



Nutritional information per 100g of Smoothie	
Energy	1000 kJ (240 kcal)
Total fat	1.0g
Saturated fat	0.1g
Total carbohydrate	20.0g
Sugars	15.0g
Fibre	2.0g
Protein	1.0g
Salt	0.1g



Carrot Cake Pops

Ingredients

- 1 cup of shredded carrots
- 1 cup unsalted butter plus 1 more for rolling
- 1 cup brown sugar
- 1 cup of flour
- 1 cup of cream cheese
- 1 cup of powdered sugar, sifted
- 1 egg (room temp)

Method

1. Blend the carrots and then freeze them in a bowl. Add the third cup unsalted butter and mix to make
2. Remove the butter of the bowl and add the brown sugar and add the flour. Cream for 45 seconds in mixer and mix.
3. Remove the butter and add the egg and mix for 1 minute.
4. Add the cream cheese and mix for 1 minute.
5. Add the flour and mix for 1 minute.
6. Add the egg and mix for 1 minute.
7. Add the flour and mix for 1 minute.
8. Add the egg and mix for 1 minute.
9. Add the flour and mix for 1 minute.
10. Add the egg and mix for 1 minute.



Carrot Cake Pops Recipe

Prep Time: 15 min | Cook Time: 10 min | Total Time: 25 min

Serves: 12

Ingredients:

- 1 cup of shredded carrots
- 1 cup unsalted butter plus 1 more for rolling
- 1 cup brown sugar
- 1 cup of flour
- 1 cup of cream cheese
- 1 cup of powdered sugar, sifted
- 1 egg (room temp)

Instructions:

1. Blend the carrots and then freeze them in a bowl. Add the third cup unsalted butter and mix to make
2. Remove the butter of the bowl and add the brown sugar and add the flour. Cream for 45 seconds in mixer and mix.
3. Remove the butter and add the egg and mix for 1 minute.
4. Add the cream cheese and mix for 1 minute.
5. Add the flour and mix for 1 minute.
6. Add the egg and mix for 1 minute.
7. Add the flour and mix for 1 minute.
8. Add the egg and mix for 1 minute.
9. Add the flour and mix for 1 minute.
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Carrot Cake Pops Recipe

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- 1 egg (room temp)

Instructions:

1. Blend the carrots and then freeze them in a bowl. Add the third cup unsalted butter and mix to make
2. Remove the butter of the bowl and add the brown sugar and add the flour. Cream for 45 seconds in mixer and mix.
3. Remove the butter and add the egg and mix for 1 minute.
4. Add the cream cheese and mix for 1 minute.
5. Add the flour and mix for 1 minute.
6. Add the egg and mix for 1 minute.
7. Add the flour and mix for 1 minute.
8. Add the egg and mix for 1 minute.
9. Add the flour and mix for 1 minute.
10. Add the egg and mix for 1 minute.



Photography Guide

Photography Guide - [Click Here to Download](#)

Food photography guide 6 EASY TIPS & TRICKS

We want to encourage the kids to capture their creations before they eat them. It is important that good food photography is used to do this. You can use this quick and easy Tips & Tricks Guide to help you take great pictures.

Tip 1

DO NOT USE A FLASH

You must not use your built-in flash. It makes food look dull and flattens out the wonderful textures and colours. You should refer to image 2 below.



Flash



Natural light

Tip 2

USE ONLY NATURAL LIGHT IN A WELL LIT ROOM

- You must take the food photos in a well-lit room, preferably under natural light.
- If you are in a dark or dim room, you should put the plate near a window to get natural light.
- You should move around to find the best light source.



Dark room not
near a window



Better light source
close to a window

Tip 3

SHOOT DIRECTLY FROM ABOVE

- For **How Healthy Food Works**, you should shoot each dish directly from above.
- This is the best angle to bring the dish to life, as you can see from the following example.



Tip 4

DO NOT USE THE ZOOM

- You must not zoom in to get closer and frame your pictures.
- Instead, you should move the camera manually.
- Zooming in means your pictures flatten out and lose depth of field.



Tip 5

MINIMISE CLUTTER. KEEP IT SIMPLE.

- The dish is the main subject. Nothing else
- If there is a spoon, napkin or busy background around the plate, it detracts from the photo
- If you have a tablecloth or place mat underneath the plate, you should try to use one that is not too busy and colorful. This takes attention away from the dish itself



Tip 6

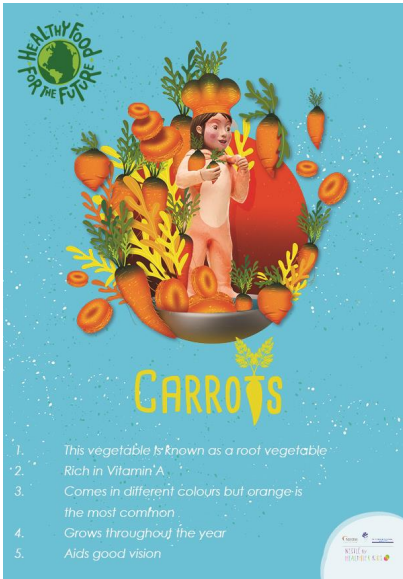
AVOID BRANDED OBJECTS IN THE PICTURE

- When you take **Healthy Food for the Future** photographs and even general pictures of the workshop, you must make sure that you don't have branded objects in the picture.
- These include things like:
 - Branded water bottles
 - Branded product/ingredient packaging
 - Logos on clothing other than those of our main sponsors

Playing Cards 1 - [Click Here to Download](#)



Playing Cards 2 - [Click Here to Download](#)



HEALTHY Food FOR THE FUTURE

CARROTS

1. This vegetable is known as a root vegetable
2. Rich in Vitamin A
3. Comes in different colours but orange is the most common
4. Grows throughout the year
5. Aids good vision

Climate Change Adaptation
WORLD IN TRANSITION

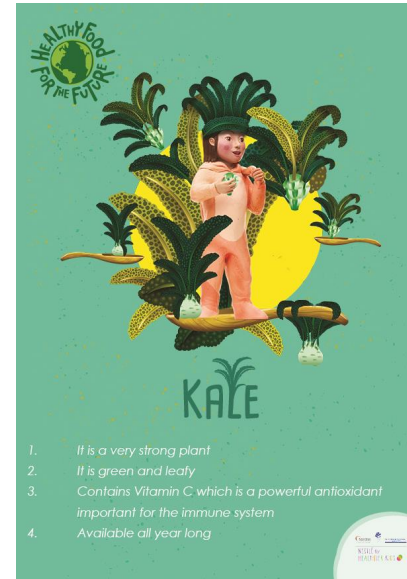


HEALTHY Food FOR THE FUTURE

FLAXSEED

1. Rich in Omega-3 and fatty acids
2. Contributes to the health of your brain
3. Can use the whole plant from the seeds to the plant so there is no waste
4. Available in the form of seeds, oils, powder, tablets, capsules, and flour.

Climate Change Adaptation
WORLD IN TRANSITION



HEALTHY Food FOR THE FUTURE

KALE

1. It is a very strong plant
2. It is green and leafy
3. Contains Vitamin C which is a powerful antioxidant important for the immune system
4. Available all year long

Climate Change Adaptation
WORLD IN TRANSITION



HEALTHY Food FOR THE FUTURE

MUSHROOM

1. Can be cultivated in very small spaces
2. Rich in fibre and protein
3. They keep your bones healthy and strong
4. They are a superfood

Climate Change Adaptation
WORLD IN TRANSITION



HEALTHY Food FOR THE FUTURE

QUINOA

1. Grows in very high-altitude areas
2. Rich in fibre and protein
3. World's most popular health food
4. It is a grain crop that is grown for its edible seeds

Climate Change Adaptation
WORLD IN TRANSITION

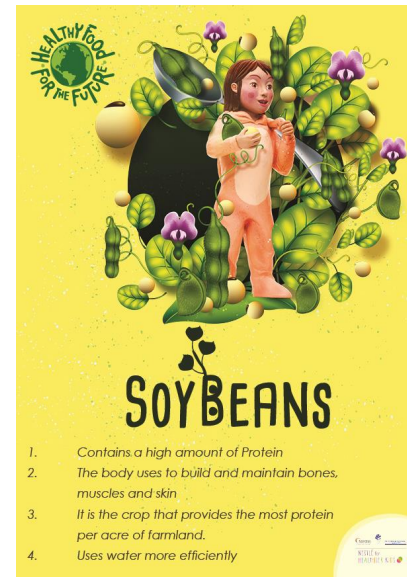


HEALTHY Food FOR THE FUTURE

SEAWEED

1. Important for the ecosystem
2. Contains essential fatty acids like Omega-3
3. Aids in boosting the immune system
4. Grows very fast, more than 30 times the rate of land plants

Climate Change Adaptation
WORLD IN TRANSITION



HEALTHY Food FOR THE FUTURE

SOYBEANS

1. Contains a high amount of Protein
2. The body uses to build and maintain bones, muscles and skin
3. It is the crop that provides the most protein per acre of farmland.
4. Uses water more efficiently

Climate Change Adaptation
WORLD IN TRANSITION



HEALTHY Food FOR THE FUTURE

SPINACH

1. Can be cultivated all year round
2. One of the healthiest foods on the planet
3. An important source of Vitamins A, C and K
4. It can have smooth leaves shaped like tear drops or wrinkly leaves

Climate Change Adaptation
WORLD IN TRANSITION

Ingredient Cards - [Click Here to Download](#)



Certificate - [Click Here to Download](#)





THANK YOU



NESTLÉ for
HEALTHIER KIDS 