



Changing the way children eat
one tummy at a time!

SmartEats! is the newest division of “The Rustic Gourmet”.

At SmartEats!

- We believe that all kids deserve access to fresh, great-tasting, healthy, and natural foods.
- We insist that all our food be nourishing and because we cook from scratch, in our commercial kitchen, using only whole, all-natural ingredients it tastes better.
- We use *no* additives or preservatives in our dishes. We even grind our own spices and make our own sauces, dips, dressings, marinades, breads, and baked goods.
- We make it a point to buy from our local farmers and to use seasonal organic products as much as possible.

Our goal is not only to educate and provide a truly nutritious lunch, but also to revolutionize the way schools serve hot lunch by providing our own plates, cutlery and serving dishes in order to reduce the amount of waste going into the landfill.

This creates a much healthier environment for the children to share a meal with their classmates and teaches them an awareness of how to sustain their planet.

Each meal will be served with a side dish, a seasonal fresh vegetable and seasonal fruit.

The family will only need to choose which main course they prefer. We will supply cups and pitchers of water. Beverages of milk, fresh lemonade and juice will continue to be an option to select.

We look forward to working with your school!



Food is a passion for Simone Hurwitz. Her successful company ***The Rustic Gourmet***'s mission is to transform the way we eat by inspiring families to learn to make healthy, vibrant food. Her company specializes in catering, cooking classes and meal plan consulting.

Simone believes that too much of today's daily diet consists of overly processed foods, heavily saturated with sugar and salt. ***The Rustic Gourmet*** is an extension of her life and values. "I love empowering families to grow their own small vegetable garden, prepare meals together and enjoy healthy, high quality natural food" she says, "meal times are precious and giving our children the value of a home cooked meal is priceless."

For more information on ***The Rustic Gourmet*** visit:

www.therusticgourmet.ca