



**Real Food,  
Created Slowly**

# The Real Food Catering Company

## Real Food Newsletter

### On-line Ordering System Is Ready!

We are excited to be able to offer you a paperless option when placing your order. We just need two days notice when ordering online, but if you have a late order you can always give us a call and let us know what you need.

We will be making a few changes to it over the summer to increase its functionality and ease of use.

#### Here's how it works.

1. Click on the "Order Now" button on the home page of our website  
- [www.therealfoodcateringcompany.ca](http://www.therealfoodcateringcompany.ca)
2. Select your school and then the class
3. Input the student's name then select the menu date.
4. Choose your items and then add them to the shopping cart
5. Then either complete payment, choose another menu date or you can even begin to order for another student by selecting another class.

We are very happy to have our ordering system operational and hope you give it a try. If you would like to, please provide feedback about the ordering system. What you like, don't like and why. We want this to function as easy as possible for your convenience.

### Our Menu

We have finalized our menu format which now includes more complete meal options. You now have more choice in providing your child with healthy meal additions and snacks that they will love.

### Real Food in the News

We recently helped organize and participated in the Heart and Stroke "Soups on" event at the Covent Garden Market on Thursday February the 26<sup>th</sup>.

It was a wonderful event to raise awareness of the importance of healthy eating. Londoners came to sample a number of delicious soups created by local restaurants and businesses.

Real Food is very proud to have won the people's choice award for our local smoked sausage, mushroom and barley soup and was highlighted on A Channel News and in the London Free Press.

### New Containers

We will continue to use a number of biodegradable and compostable food containers, however we are unhappy with the performance of some of the containers designed for hot food. We are going to be trying new recyclable aluminum containers that have the added benefit of holding and maintaining temperatures more effectively

### Our Food

Our food is made from scratch to ensure that only high quality and natural ingredients are going into each meal which promotes good health and a positive source of energy.

- Made with only natural ingredients from local suppliers and producers
- 100% peanut and tree nut free
- Meets all school legislation for healthy eating
- 100 % Trans fat free

Please visit our website to find out more about our high quality lunches and what we're doing to improve the health and wellness of our students

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If you have any questions, comments or would like to get a hold of us, call us at (519) 318-8860 or email us at [realfoodcatering@gmail.com](mailto:realfoodcatering@gmail.com)

Sincerely,  
Alex Kappos