

KidsCan ECE Food for Kids Programme

KidsCan

This is a free food programme offered to 2-5-year-olds attending eligible early childhood education (ECE) centres and Kōhanga Reo around Aotearoa, starting in early 2025 for two years. The programme is funded by the New Zealand Government and delivered by the KidsCan Charitable Trust.



About KidsCan.

KidsCan has been feeding school children since 2005, and preschoolers since 2018. Since then, we've teamed up with over 200 centres and Kōhanga Reo across the country to deliver fresh, healthy kai to more than 6,000 tamariki every weekday.

We know this is a vital time in children's development, and we want to ensure that tamariki are fuelled for learning and playing, so they can realise their potential.

Our Impact.

Waikato University research found the KidsCan ECE food programme increased attendance, and children were more engaged in learning.

"The impact that it has had on our children and their families has been life changing. Parents are no longer stressed about food for lunches."



What to expect.

- We deliver fresh, nutritious and easy-to-prepare kai to your centre.
- We offer a range of recipes that have been developed in collaboration with the Heart Foundation including vegetarian, halal, and dairy-free options.
- Lunches include a balanced mix of protein, carbohydrates, and vegetables.
- We also provide fruit and yoghurt.
- All recipes meet the Heart Foundation's guide to reducing food related choking in children aged 2-5.

Recipe example: Shredded Chicken Stir Fry

Ingredients

3 x packs

Tegal Meal Maker Shredded Chicken

1 x bag

Mixed Vegetables

750g

Brown rice

To taste

Reduced Salt Soy Sauce



Method

- To prepare rice add 3 1/2 cups of water into a pot. Bring the water to a boil, reduce the heat, cover, and simmer for about 45 minutes, until the rice is tender and has absorbed the water.
- Cook/heat the bag of vegetables in a pot over the stove or in a microwave.
- Remove vegetables from pot and drain. Let the vegetables cool.
- Finely chop the vegetables into a size safe for children to consume.
- Add the chopped vegetables, rice and shredded chicken to a large frypan.
- Mix together and season with desired amount of soy sauce to taste and serve.