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Optico (Pty) Ltd
134 10th Street
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Dear Optibaby

FoodWagon: Lunch and snack menu

I wish to congratulate you with choosing an excellent supplier to supply the kids of Optibaby with lunch and snacks when they are at school.

A school is really an extension of the home. For many parents, their kids spend more time at school than at home, hence they also eat more meals at school than at home. If parents want to teach their children healthy eating habits, they have to strongly rely on the cooperation of the school in supplying healthy food.

When I visited the site of FoodWagon, I was impressed with the facilities, cleanliness and confident way in which they were supplying meals to so many people. The owner's knowledge on good nutrition and her passion for serving healthy meals was evident.

The menu that Alida developed is healthy and balanced and will help children learn healthy eating habits. As a registered dietician with special interest and experience in pediatric nutrition, I can approve and recommend the menu. I want to encourage parents to give similar foods at home from a young age to help children get used to the healthy food choices, e.g. wholewheat starches. Eating habits are learned in the first 7 years of life. It is thus vital to start right from birth. Solid introduction is one of the most important phases and forms the basis for eating habits. I have developed some plans to help parents teach little ones healthy eating habits which can be found on my website.

All the best with teaching the Optibaby kids a healthy lifestyle!

Kind Regards

Zelda Ackerman RD(SA)