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KLAY collaborates with Nourish 1000 Days to serve healthy meals for children

KLAY Kitchens now open to provide freshly made, nutritious, and innovative meals

By **Manbeena Chawla** | July 14, 2022



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KLAY Preschools and Daycare is restarting vegetarian meals for children across their kitchens further to a new partnership with Mumbai-based Nourish 1000 Days, a premier organisation that supports maternal and child nutrition. These age-appropriate meals are freshly prepared in the KLAY kitchens and consist of Fruits, Vegetables, Whole Grains, Protein and Dairy. The food provided is low in sodium and saturated fats, easy to digest and prepared under hygienic conditions. Each nutritious meal is carefully curated to keep children healthy, happy, and active.

Commenting on the partnership, Arshleen Kalra, Head of Curriculum, KLAY said, *“The last two years of the pandemic have been tough on children. Social isolation, lack of active lifestyle, erratic sleep and meal patterns have impacted their physical development. As children are transitioning to schools, there is also a need to build immunity and healthy routines. Nutritious food, along with active play is important now more than ever.”*

Using fresh, seasonal, and regional produce, the meals at KLAY are backed by nutrition science, and attend to each child’s dietary needs and appeal to their regional palates. The menu includes breakfast, lunch, milk/milk alternative (which is offered post nap), a healthy snack, and fruit.

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Read online: https://nuffoodsspectrum.in/news/6/19138/klay-collaborates-with-nourish-1000-days-to-serve-healthy-meals-for-children.html

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