

## CP | local connection



### KEEPING YOUR

By Kelly Wolfgang



With the current state of cafeteria food in a nutritional crisis, many concerned moms are looking toward a healthier option for their children's school lunches. KidO Foods does just that - offers natural, organic, healthy, and delicious foods that can be ordered online and delivered to your child's school each day in Pennsylvania or southern New Jersey. With a wide variety of foods from baked chicken nuggets to penne pesto pasta to multi-grain bagels, KidO Foods aims to cut back the preservatives that make food unhealthy and enhance the taste of good-for-you, kid friendly food.

When Eloina LeBuhn, the creator of KidO Foods, was feeding her own young children, she became famous in her circle of friends for her dislike of jarred baby food. "I watched what everyone was doing

to help out, as well as the fact that I am a mom and I want my kids to eat healthier. I see what's happening today in the schools and it's evident that we came to a crisis that is so big- how we're feeding our kids - that it's a mandatory call," LeBuhn said.

KidO Foods intends to aid in fixing the national problem of poor nutrition by helping parents start early and teach their children that healthy meals can be fun and tasty, not just a mixture of the vegetables they all dread. "The KidO lunch bunches are just like a conscious, healthy mother would make at home. We make what the kids like, however we make them with wholesome ingredients," Eloina LeBuhn said. "At KidO, we are committed to the quality of food. We only use natural, organic, and local ingredients. We are very committed to the freshness

By **cooking** everything themselves, **KidO Foods** also skips the **preservation** process that gives many **foods** the extra **sugars, starches,** and **chemicals** that make them so **unhealthy.**

in the parks, schools, daycares, and I noticed that it [kids' nutrition] was really a necessary change," she said. It is what eventually inspired her to create a kid friendly and kid healthy meal option for other mothers. "Starting this business has been sort of a personal call to do something

and great taste," LeBuhn said. By cooking everything themselves, KidO Foods also skips the preservation process that gives many foods the extra sugars, starches, and chemicals that make them so unhealthy.

While preparing to launch her business, LeBuhn did much research on which

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