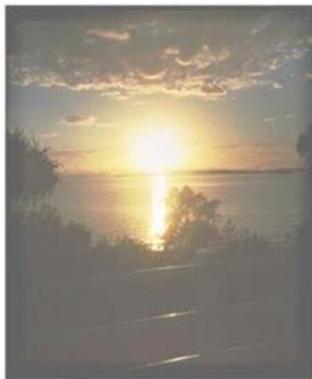


The Kids Menu

Media and Press Kit



Let's Work Together

Thanks for your interest in working with [The Kids Menu](#). As a husband and wife team with qualifications in nutrition and exercise science, we are all about making healthy and nutritious choices simple and easy for families. We are always open to new and different opportunities and looking to work with great companies and brands that share our goal.

Who we are

The Kids Menu was founded by Nikki and Ben, parents of three young children, who believe a healthy lifestyle should be practical, affordable and fun.

We have firsthand experience dealing with fussy children and fitting exercise into a busy lifestyle. We live on the beautiful Fraser Coast and love to get out doors and be active with our children.

Ben is a degree qualified fitness expert (*Bachelor Exercise Science, CQU*) and soon to be a qualified secondary education teacher.

Nikki is a qualified Nutritionist and Personal Trainer (*Grad Cert Public Health Nutrition, Masters Human Nutrition, Deakin; Bachelor Adult Education and Community Development, QUT; Cert IV fitness*).



What we do

The Kids Menu is all about helping families get active, eat nutritiously and make healthy lifestyle choices. We are committed to helping our audience build skills, access information and create a home and community environment that supports a healthy lifestyle.

We share with our audience our expertise and experiences in all things nutrition, fitness, parent and lifestyle related – often with a bit of tongue-in-cheek, after all being healthy should be fun.

Who is our audience

The Kids Menu has a great community of parents from across Australia who regularly engage with our website and social media platforms.

If you are considering working with us and would like to know more about our traffic flow and audience engagement, please just ask. Our readership is constantly growing so we'd like to give you up-to-date figures.

How we can work with your brand

With our credentials as health professionals we're eager to work with and endorse companies and brands that share our mission to making healthy choices simple and easy for parents.

To help your company reach its target audience we are able to produce media releases, articles and recipes that are relevant, timely and engaging. We are able to write on themes or topics to your specifications or develop ideas and content under our own initiative as relevant to your audience. The Kids Menu is also able to act as a spokesperson for your company and is available for interview as a health professional. We can assist promote your product directly to our audience and/or help you diversify and reach a wider target and grow your customer base.

Previous Published here:

The Kids Menu is a regular contributor to Mouth of Mums and has been featured on Yahoo!7 and Scoop on Nutrition.

Some of our articles have included:

[Is your teenager tired and moody? Check their iron intake](#)

[Benefits of bodyweight exercise](#)

[Let's cut the BS, being a Mum sucks](#)

[10 ways to survive shopping with kids](#)

[Honey and Balsamic Beetroot Salad with feta and pine nuts](#)

You can view more samples of our work [here](#).

Contact Us

This Media Kit should provide you all the information you need to know about The Kids Menu, who we are and what we do, however if there is any additional information you'd like or if you'd like to get a more personal feel for us, please get in touch and we'll make a time to answer your questions, have a chat and get to know each other better.

Thanks again, we look forward to working with you soon

Contact: thekidsmenunutrition@gmail.com

