

Local Food Innovators: Food to Nourish



With a love of healthy food and design, Danielle and Natasja combined their talents to create Food to Nourish. Now it's a business with 18 employees, all full of passion for health and nutrition.

We catch up with Matilda from Food to Nourish to hear how they are bringing healthy nutrient-dense products to people all over Australia, straight from the Central Coast.



Food to Nourish was established in 2013 to fill a gap in the market for genuinely healthy gluten-free food, can you share more about the story of Food to Nourish?

Food to Nourish was born from the concept of making healthy food that is convenient, nutrient-dense, of the highest quality and best of all: taste's amazing!

Nutritionist, Danielle Minnebo co-founded Food to Nourish with Natasja Jirwander in 2013 when she identified a gap in the market for genuinely healthy gluten-free foods. It all began in Danielle's home kitchen, rolling thousands of bliss balls by hand! Today, Food to Nourish has grown substantially to include a wide range of 34 products that are sold in four countries. We now employ a team of 18 local staff that operate out of our facility on the Central Coast.

Founders Danielle and Natasja both bring their talents to Food to Nourish, how does this unique combination come together when producing products?

Danielle is a Nutritionist, a passionate home cook and a real food educator. She uses her nutrition education and experience to create quality, organic and nutrient-dense products.

You may have noticed our vibrant and colourful packaging? At Food to Nourish the love of health and design are combined where each label is hand-drawn by Natasja to capture the uniqueness of the organic ingredients and quality of the product. Previously in her career, Natasja spent more than 16 years founding and managing a dynamic group of companies operating in the health and wellness space in the Sydney Metropolitan region.

With their broad knowledge and background in health and nutrition, Danielle and Natasja are passionate about creating nutrient-dense products that inspire their customers and their families to make better food choices for their health.

Tell us more about your vision to 'create tasty whole food products that are made with integrity and love, using nutrient-dense ingredients. To inspire our customers and their families to make better food choices for their health by providing a range of convenient nourishing foods.'

Danielle and Natasja believe every time we eat is an opportunity to nourish yourself. This passion is what drives what they do every day at Food to Nourish.

It is important that our products are made with integrity and that no shortcuts are made to cut costs. This involves sourcing the best organic components for our products and process all ingredients in a way that allows for better digestion and absorption of key nutrients.

We want to spread the real food word to as many people as possible, break down common diet myths and teach people what real food is all about. Our goal is to inspire our customers to make healthier food choices through our delicious product range and the recipes we create and share regularly on our website and socials.

Every aspect of your delicious creations – from the delivery of the raw ingredients to the fully packaged product – is produced in your Central Coast production facility, what makes you proud about these Central Coast-produced products?

Every time you buy a Food to Nourish product you support two women in business. You'll find us working hard in our production kitchen making products, testing new product formulas, on the phones dealing with wholesalers and distributors, fixing machinery or packing orders when we're flat out!

All of our products are lovingly made by hand in our production facility on the Central Coast, by a fantastic team of staff that are passionate about health and nutrition. We manage every aspect of our product creation; from the minute the raw bulk ingredients arrive, to the point they leave sealed and packaged as tasty products.

We are extremely proud to be a female-led and owned Central Coast-based business.

Can you share more about your ingredients?

We are very picky about the ingredients we choose to use in our products.

Our main criteria is that all ingredients we use must be:

- Certified Organic, where possible
- GMO-Free
- Allergen-free (free from gluten and dairy)
- Nutrient Dense
- Free from refined sugar, artificial colours, flavours & preservatives
- Produced in an ethical & sustainable way

Where else can we find Food to Nourish products?

You can buy our wide range of Baking Mixes, Protein Cookies, Breakfast Cereal, Collagen Bars, Nut Butters & Sprouted Snacks on our [website](https://foodtonourish.com.au) and through one of our stockists in Australia and overseas. Our products are sold by lots of local businesses on the coast. Click on the '[Stockist](#)' tab on our website to locate a shop close to you.

And don't forget to sign up for our newsletter to receive 10% off your first order!



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