

Rafferty's Garden appoints leading dietitian

Premium baby food range, Rafferty's Garden, has appointed leading dietitian Karen Kingham as its new nutrition spokesperson.

A dietitian for more than 15 years and a nutrition writer for the past nine, Kingham is passionate about sharing her knowledge to help people enjoy the healthy benefits of great-tasting food.

All of Rafferty's products have been developed following strict nutritional guidelines. Kingham will be advising Rafferty's Garden on how the latest research has an impact on food for babies and toddlers, as well as ensuring that new products in the Rafferty's range meet Rafferty's high standards.



As a working mother, she also appreciates the challenges of preparing healthy food for a family and believes that with just a little knowledge you can have both convenience and good nutrition.

Kingham consults to the food industry, is the author of several healthy cookbooks and is a regular contributor to food, health and parenting magazines. Her clients include Apple Industry and BBC Australian Good Food Magazine.

About Rafferty's Garden

Rafferty's Garden is a premium range of baby food products produced and sold in Australia. Launched in 2007, the range has had unprecedented growth with all its products and is now the number two range in its category in Australian supermarkets.



The range is the brainchild of Adrian Pike, a former restaurateur who saw a need for quality baby food that tasted good. All Rafferty's Garden products were developed by Adrian in collaboration with a food technologist and infant nutritionist. The range has been a big hit with parents all over Australia and many parenting websites have been complimenting the quality of his products.

Rafferty's has seven ranges of premium baby food, including cereals and purees suitable for babies from 4 months, to a "lumpy" range for toddlers as well as two new ranges - rusks and an organic range for 4+ months.