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Alan Toong
Wholesome Kids Catering
Food For Tots
445 Hood Ave
Markham, ON
L3R 8H1

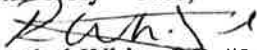
As a Registered Dietitian and member of the College of Dietitians of Ontario and Dietitians of Canada, I fully endorse the Wholesome Kids Catering Fall and Winter 2020-21 Healthy Choices menu. Wholesome Kids Catering strives to keep their menu as healthy and appealing as possible. The menu includes a variety of fresh fruits, fresh salads colourful vegetables, whole grains and lean proteins. It is low in sugar, salt, saturated fat, processed foods and contains no trans fats. Wholesome Kids Catering ensures this by preparing most meals in house and using only spices and herbs in their meal preparation and no added salt. The Food for Tots menu offers two options at lunch. In doing so, this recognizes the diversity in taste and/or food preferences of young children and caters to that need. The menu features a number of fun and tasty nutritious foods that are sure to be popular with children.

A detailed review of the Fall and Winter 2020-21 Healthy Choices menu which includes two snacks and lunch shows that the menu meets approximately 50% of Canada's Food Guide recommendations for children ages six and under. The menu in its entirety including milk at morning snack provides an average Canada's Food Guide serving per day of 2 servings of fruits and vegetables, 2 servings of grain, 1 serving of milk and alternatives and 0.5 serving of meat and alternatives. In keeping with the Child Care and Early Years Act requirements the full menu with milk provides a daily minimum of 1 cup of vegetables/fruit, $\frac{3}{4}$ cup or 1.5 slices of grain, 1 cup milk and alternatives and 2 oz or 60 gm meat and alternatives.

The Wholesome Kids Catering Healthy Choices Fall and Winter 2020-21 menu features a variety of nutritious foods that are appealing to children both in taste and texture. Parents and caregivers can rest assured that Wholesome Kids Catering is helping their children learn healthier eating habits that have the potential to last a lifetime.

It is with confidence and enthusiasm that I endorse the Wholesome Kids Catering Healthy Choices Fall and Winter 2020-21 menu.

Sincerely Yours,


Rachel White, RD #3531
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