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Wholesome Kids Catering
445 Hood Road
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As a Registered Dietitian and member of the College of Dietitians of Ontario and Dietitians of Canada, I fully endorse the Wholesome Kids Catering Spring and Summer 2023 menu. Wholesome Kids Catering strives to keep its menu healthy and appealing. 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, and processed foods and contains no trans fats. Wholesome Kids Catering ensures this by preparing most meals in-house and using spices and herbs in their meal preparation with minimal added salt. The Wholesome Kids Catering 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 several fun and tasty nutritious foods that are sure to be popular with children.

A detailed review of the Spring and Summer 2023 menu, which includes two snacks and lunch, shows that it meets nutritional guidelines for children six and under outlined by the Child Care and Early Years Act (CCEYA) by following Health Canada's Eating Well with Canada's Food Guide. The menu emphasizes fruits and vegetables, includes plant and animal protein sources with options for vegetarians, has fish weekly and includes many whole grain options. Wholesome Kids Catering also provides a list of food items available a la carte and can be added to meals or snacks for other options and variety. Appropriate serving sizes are offered for preschool and school-aged children and include texture modifications for infants and toddlers when necessary, as well as meal replacement options for allergies and/or food restrictions. Two to three food groups are available for morning and afternoon snacks (depending on if milk is offered), and water is available at all meals and snacks. In addition, the menu incorporates many recommendations from the Ontario Dietitian's in Public Health (ODPH) Menu Planning & Supportive Nutrition Environments in Child Care Settings Practical Guide.

The Wholesome Kids Catering Spring and Summer 2023 menu features various nutritious foods that appeal to children in taste and texture. Parents and caregivers can rest assured that Wholesome Kids Catering is helping their children learn healthier eating habits that can last a lifetime.

It is with confidence and enthusiasm that I endorse the Wholesome Kids Catering Spring and Summer 2023 menu.

Sincerely,

Rachel White, RD #3531