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Wholesome Kids Catering
445 Hood Road
Markham, ON
L3R 8H1

To Whom It May Concern,

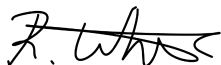
As a Registered Dietitian and a member of both the College of Dietitians of Ontario and Dietitians of Canada, I am pleased to fully endorse the Wholesome Kids Catering Spring and Summer 2025 menu. Wholesome Kids Catering prioritizes nutritious, appealing meals made in-house with fresh fruits, vegetables, whole grains, and lean proteins. The menu is low in sugar, salt, saturated fat, and processed foods, with no trans fats, and uses herbs and spices to enhance flavour naturally.

The four-week menu cycle provides balanced, diverse meals and snacks that promote healthy eating habits and meet the nutritional needs of growing children. A thorough review confirms that the Spring and Summer 2025 menu meets the nutritional standards outlined in the Child Care and Early Years Act (CCEYA) for children under six years of age. The menu aligns with Health Canada's Eating Well with Canada's Food Guide, emphasizing fruits and vegetables, a variety of plant and animal-based proteins, weekly servings of fish, and multiple whole grain choices. Wholesome Kids Catering also offers an à la carte menu for added flexibility and variety.

Portion sizes are age-appropriate, with texture modifications available for infants and toddlers, and alternatives provided for allergies and dietary restrictions. Each snack includes two to three food groups (when milk is served), and water is available at all meals and snacks. The menu incorporates many recommendations from the Ontario Dietitians in Public Health (ODPH) Menu Planning & Supportive Nutrition Environments in Child Care Settings Practical Guide.

This menu offers nutritious, age-appropriate meals that support lifelong healthy eating habits. I Confidently and enthusiastically endorse the Wholesome Kids Catering Spring and Summer 2025 menu.

Sincerely,



Rachel White, RD #3531