

October 29, 2025

To Whom It May Concern,

As a Registered Dietitian licensed with the College of Dietitians of Ontario and a specialist in pediatric nutrition, I am pleased to provide my full professional endorsement for Wholesome Kids Catering's Fall/Winter 2025-2026 Menu.

In my clinical practice and work with early childhood programs, I emphasize the importance of balanced, developmentally appropriate meals that support healthy growth, food exploration, and positive eating experiences at every age and stage. I have reviewed this menu in detail and can confidently say that it reflects a thoughtful, child-centered approach to nutrition.

Wholesome Kids Catering places a strong emphasis on the nutritional quality of their food. Meals are prepared in-house by a team of creative chefs who work with a variety of herbs and spices to enhance flavour without relying on added sugar and excess sodium. Their approach is both rigorous and intentional - from careful food sourcing to thoughtful recipe development, every effort is made to prioritize children's health while maintaining taste and appeal.

The menu provides a strong variety of vegetables and fruits, whole grains, protein-rich foods, and healthy fats. Meals are developmentally appropriate, and textures and portion sizes are well considered for the different age groups being served.

The menu reflects a clear commitment to the core principles of the Ontario Dietitians in Public Health (ODPH) guidelines, Canada's Food Guide (CFG), and the Child Care and Early Years Act (CCEYA). Nutritional quality, food safety, cultural inclusion and dietary flexibility have all been taken into account. The menu aligns closely with current best practices in paediatric nutrition and is well-positioned to support young children's health and well-being.

Wholesome Kids Catering demonstrates a consistent commitment to continuous improvement and responsiveness to both nutritional standards and the real-world needs of children, families, and care providers. I am pleased to offer my endorsement for this menu as a supportive and practical option for childcare and school-based meal programs.

Sincerely,



Registered Dietitian