

April 16, 2026

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 professional endorsement for Wholesome Kids Catering's Spring/Summer 2026 menu cycle.

Through my work supporting families and early childhood programs, I consistently emphasize the importance of meals that are nutritionally balanced, age-appropriate, and supportive of positive feeding experiences. After conducting a thorough review of this menu, I am confident that it demonstrates a well-planned and evidence-based approach to supporting children's nutritional needs and overall development.

Wholesome Kids Catering demonstrates a strong commitment to meeting established nutrition standards. An egg or fish, and a vegetarian protein option is offered each week in alignment with Ontario Dietitians in Public Health (ODPH) guidelines, ensuring regular exposure to a variety of protein sources. Particular attention has been placed on offering iron-rich proteins, which are essential for growth and development, while the variety of options supports acceptance among children from diverse backgrounds.

Vegetable and fruit offerings are consistent and intentional. A dark green vegetable is served almost daily, while dark orange vegetables are incorporated several times per week. Fresh fruit is served daily, and whole grain options are featured frequently to support fibre intake and sustained energy. Calcium-rich foods are also included regularly to support bone health during critical growth periods.

The menu reflects a clear effort to support cultural inclusion and food exploration through the incorporation of diverse ethnic cuisines. This exposure encourages acceptance of a wider range of foods and supports the development of lifelong healthy eating habits.

Another notable strength is the involvement of Registered Dietitians on staff who support ongoing review and continuous improvement of menu offerings through educated recommendations.

Tangible  
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Overall, this menu aligns well with Ontario Dietitians in Public Health (ODPH) guidelines, Canada's Food Guide (CFG), and the Child Care and Early Years Act (CCEYA). Nutritional quality, cultural inclusion, and developmental appropriateness have been thoughtfully considered throughout. The menu is well-positioned to support young children's health, growth, and positive relationships with food.

Wholesome Kids Catering demonstrates an ongoing commitment to providing balanced, nutritious, and appealing meals that strive to meet both regulatory standards and the practical needs of children, families, and care providers. I am pleased to offer my endorsement of this menu as a supportive option for childcare and school-based meal programs.

Sincerely,

A handwritten signature in black ink that reads "Alia Virjee".

Registered Dietitian