Tangible WELLNESS

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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 of Wholesome Kids Catering's Fall/Winter 2026/27 menu cycle, effective November 23, 2026, to April 9, 2027.

I have reviewed the menu with consideration for Canada's Food Guide, the Child Care and Early Years Act (CCEYA), and the Ontario Dietitians in Public Health (ODPH) Child Care Menu Planning Practical Guide. The menu demonstrates a thoughtful approach to supporting children's nutritional needs while balancing nutrition, variety, food acceptance, and developmental appropriateness.

The menu provides balanced meals and snacks with consistent offerings of vegetables and fruit, frequent whole grain choices, and varied sources of iron-rich protein. Daily inclusion of a green vegetable was incorporated based on my recommendation to support regular exposure to these nutrient-rich foods. Fish, eggs, poultry, beef, tofu, beans, and lentils provide a broad range of protein foods and plant-based entrées are incorporated weekly, supporting exposure to a variety of foods and nutrients. Menu planning also considers customer feedback and meal acceptance, balancing nutritional properties with age-appropriate textures, practical considerations and foods children are more likely to enjoy and accept.

Cultural inclusion is also reflected throughout the menu through a variety of dishes, flavours and ingredients inspired by different cuisines. This provides children with opportunities to experience both familiar and diverse foods while supporting positive food experiences. Consideration is also given to children requiring allergy accommodations. Where substitutions are required, Wholesome Kids Catering makes a thoughtful effort to provide safe alternatives that resemble the main meal or snack as closely as possible while striving to maintain nutritional balance and variety.

Overall, the Fall/Winter 2026/27 menu demonstrates meaningful alignment with the nutrition principles and menu planning patterns outlined by ODPH, Canada's Food Guide and CCEYA. Nutritional quality, variety, cultural inclusion and developmental appropriateness have been intentionally considered throughout. Based on my professional review, I am pleased to endorse this menu as a nutritious and supportive option for childcare and school based meal programs.

Sincerely,

Alia Virjee

Registered Dietitian