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Wholesome Kids Catering
445 Hood Road
Markham, ON
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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 Fall and Winter 2022-23 menu. Wholesome Kids Catering strives to keep their menu as healthy and appealing as possible. 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, 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 Fall and Winter 2022-23 menu, which includes two snacks, and a lunch shows that it meets nutritional guidelines for children 6 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 both plant and animal sources of protein with options for vegetarians, has fish weekly and includes many whole grain options. Wholesome Kids Catering also provides a list of additional food items that are available a la carte and can be added to meals or snacks for additional options and variety. Appropriate serving sizes are offered for preschool and school-aged children and includes 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 at morning snack (if milk is offered) and at afternoon snack, and water is available at all meals and snacks. 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 Fall and Winter 2022-23 menu features a variety of nutritious foods that are appealing to children both in taste and texture. Parents and caregivers can rest assured that Wholesome Kids Catering is helping their children learn healthier eating habits that have the potential to last a lifetime.

It is with confidence and enthusiasm that I endorse the Wholesome Kids Catering Fall and Winter 2022-23 menu.

Sincerely,



Rachel White, RD #3531