



Shelley Williams RD

Pediatric Nutrition Consultant. KinderClinic 200 Taunton Rd. W. Whitby ON. L1R 3H8

December 11, 2019
Schoolhouse Playcare Centres of Durham
1602 Tricont Avenue, Suite 6
Whitby, Ontario
L1N 7C3

As a Registered Dietitian, member of the College of Dietitians of Ontario and Dietitians of Canada, I have reviewed the Schoolhouse Playcare Centre five-week lunch and snack menu rotation. The New Canada's Food Guide and Ontario Dietitians in Public Health practical guide have been introduced and Schoolhouse Playcare is committed to following the guidelines. I fully endorse the Schoolhouse Playcare Centre 2020 lunch and snack menu.

Schoolhouse Playcare Centre makes a significant effort to keep their weekly lunch and snack menu as healthy as possible. The menu includes a variety of foods from Canada's Food Guide including plenty of fruits and vegetables, whole grain foods and a variety of proteins including plant based choices. Water is also offered as a drink of choice at each meal. The menu plan is low in sugar, salt, saturated fats and processed foods. Meals include a variety of whole foods made from nutrient rich homemade recipes. Schoolhouse Playcare ensures this by preparing many meals in house and limiting sodium while seasoning with spices and herbs in their meal preparation. In addition, the menu contains many food items that have natural ingredients. The snack menus also feature a variety of fun and tasty nutritious foods that are popular with children. Finally, Schoolhouse Playcare recognizes the diversity in taste and/or food preferences of young children and allow for substitutions to occur for cultural or dietary restrictions.

A detailed nutritional review of the Schoolhouse Playcare five-week menu cycle shows that the meals and snacks assist in meeting a child's average daily calorie/energy needs. The review demonstrates that the menu rotation offers balanced lunch meals with good protein choices, dark orange and green vegetables, fresh salads, fibre rich fruits, calcium rich choices and an emphasis on whole grains. Schoolhouse Playcare also makes a significant effort to keep their snack menu as healthy as possible. Morning and afternoon snacks cover more than two food groups from the New Canada's Food Guide. In addition, meals and snacks are accompanied with the choice of fluid milk or water as documented on the menu. The Schoolhouse Playcare menu proves to fulfill the nutritional guidelines determined by the New Canada's Food Guide and Ontario Dietitians in Public Health Guidelines (ODPH). In summary, the Schoolhouse Playcare lunch meal and snack rotation features a variety of nutritious foods that are appealing to children both in taste and texture. Parents and caregivers can rest assured that Schoolhouse Playcare Centre is helping their children learn healthier eating habits that have the potential to last a lifetime.

It is with confidence that I endorse the Schoolhouse Playcare Centre menu plan.

Sincerely,

Shelley Williams, RD (CDO # 3389)