

**TANIA FERRANTE B.A.Sc, RD #14302**  
Nutrition Consultant

May 24, 2019

Bloorcourt Village Early Learning Centre  
823 Dovercourt Blvd  
Toronto, Ontario  
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As a Registered Dietitian and member of the College of Dietitians, I authorize the Bloorcourt Village Early Learning Centre's Spring and Summer 2019 menu. Bloorcourt Village continues to provide a menu with a large variety of fresh fruits and vegetables, high fibre whole grain products and an assortment of legumes while limiting foods high in sugar, salt and trans fats. In addition, the menu provides an array of culturally diverse entrees, enhancing the children's eating experience with varied flavours and consistencies.

Upon review of the Bloorcourt Village menu, which includes lunch and three snacks reveals that the menu provides 50% of Canada's Food Guide recommendations for children age six or younger. The menu provides an average of 2-2.5 servings of fruits and vegetables, 2-2.5 servings of grains, 1-1.5 servings of milk and alternatives and 0.5-1 servings of meat and alternatives. In addition, the menu adheres to the Child Care and Early Years Act(CCEYA) guidelines for meals aimed at children age six or younger to ensure 2 servings (1 cup) of fruits or vegetables, 1 serving (1 slice or ½ cup) of grains, 1 serving (1 cup or 1.5oz) of milk and alternatives and 1 serving (2.5oz or ¾ cup) of meat and alternatives. The menu consistently provides a dark green and orange vegetable daily and more than half the grain products offered daily are whole grain. A vegetarian option is consistently available per day, limiting prepared vegetarian options to 2-3 times per week. A legume or tofu option has been offered more frequently.

Three food groups are provided during AM and PM snack, exceeding CCEYA expectation.

Bloorcourt Village endeavours to exceed the ministries minimum recommendations to ensure a variety of foods, textures and tastes. This variety encourages children to broaden their food repertoire encouraging a healthy relationship with food. Parents can feel confident that Bloorcourt Village is providing sound nutritious meals in an environment that fosters healthy eating habits for adulthood.

It is with confidence that I endorse Bloorcourt Village Spring/Summer 2019 menu.

Sincerely,

A handwritten signature in blue ink that reads "Tania Ferrante". The signature is fluid and cursive, with the first name being the most prominent.

Tania Ferrante, RD #14302