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April 26, 2018

Bloorcourt Village Early Learning Centre
823 Dovercourt Blvd
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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 2018 menu. The menu at Bloorcourt Village complies with Ontario Society of Nutrition Professionals in Public Health(OSNPPH) guidelines; providing a large variety of fresh fruits and vegetables, high fibre whole grain products and an assortment of legumes. In addition, the majority of items on the menu contain less than 8g of sugar and 240mg of sodium per 30g serving, therefore limiting foods high in sugar, salt and trans fats. Furthermore, 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. The AM and PM snack consistently exceed CCEYA expectation by providing three food group options.

The menu at Bloorcourt Village is reviewed twice a year to ensure unpopular menu items are replaced and seasonal food items are incorporated. This process confirms that children will be introduced to new foods, textures and tastes. Therefore, 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 2018 menu.

Sincerely,



Tania Ferrante, RD #14302