

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

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Bloorcourt Village Early Learning Centre
823 Dovercourt Blvd
Toronto, Ontario
M6H 2X4

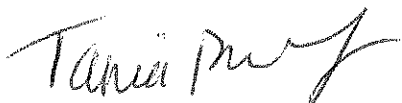
As a Registered Dietitian and member of the College of Dietitians, I authorize the Bloorcourt Village Early Learning Centre's Fall/Winter 2020/2021 menu. Bloorcourt Village continues to provide a menu that is low in salt, sugar and trans fats by offering a greater variety of fruits and vegetables, high fibre whole grain products and more legume options. The Bloorcourt Village menu presents with a mixture of entrees exposing the children to different textures and tastes to make meal time more fun and exciting.

Upon review of the Bloorcourt Village menu, which includes lunch and two 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 has made a conscious effort to feature a variety of nutritious foods such as barley, quinoa, couscous, brussel sprouts and squash to introduce children to new foods, textures and tastes. In addition, snack options are an extension of the continued effort to introduce whole foods such as rainbow tuna salad, meatless pasta salad and tomato & bocconcini salads. Parents can feel confident that Bloorcourt Village is providing sound nutritious meals in an environment that fosters healthy eating habits.

Changes to the menu were welcomed with enthusiasm and excitement to strengthen the value of the menu and I fully endorse the Bloorcourt Village Fall/Winter 2020/2021 menu.

Sincerely,



Tania Ferrante, RD #14302