



**Shelley Williams RD**  
Pediatric Nutrition Consultant  
KinderClinic  
200 Taunton Rd. W.  
Whitby ON.  
L1R 3H8

April 17, 2015

Schoolhouse Playcare Centres  
1000 Simcoe Street North  
Oshawa, ON  
L1G 4W4

As a Registered Dietitian, member of the College of Dietitians of Ontario and Dietitians of Canada, I fully endorse the Schoolhouse Playcare Centres 2015 lunch and snack menu.

Schoolhouse Playcare 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 whole grains, dairy, fruits, fresh salads and vegetables and protein rich meat/alternates. The menu plan is low in sugar, salt, trans fats and processed foods. Meals include a variety of whole foods made from nutrient rich homemade recipes. Schoolhouse Playcare ensures this by preparing most meals in house and using no salt only spices and herbs in their meal preparation. In addition, the menu contains many food items that have natural ingredients. The snack menu also features 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 substitution's to occur for cultural or dietary restrictions.

A detailed nutritional review of the Schoolhouse Playcare 2015 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 quality protein choices, dark orange and green vegetables, fibre rich fruits, calcium rich milk/dairy 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 of fun and tasty foods per Canada's Food Guide. The Schoolhouse Playcare menu proves to fulfill both the nutritional guidelines determined by the Day Nurseries Act for children and a balance of foods as outlined by Health Canada's Eating Well with Canada's Food Guide.

In summary, the Schoolhouse Playcare 2015 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 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 2015 menu plan.

Sincerely Yours,

A handwritten signature in black ink, appearing to read 'S', enclosed in a light gray rectangular box.

Shelley Williams, RD (CDO # 3389)  
(289) 928-5028