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Schoolhouse Playcare Centres
1000 Simcoe Street North
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As a Registered Dietitian, member of the College of Dietitians of Ontario and Dietitians of Canada, I fully endorse the Schoolhouse Playcare Centres 2013 snack menu. Schoolhouse Playcare makes a significant effort to keep their snack menu as healthy as possible. The menu includes a variety of fruits, vegetables, and whole grains. It is low in sugar, salt and trans fats. The snack menu features a variety of fun and tasty nutritious foods that are popular with children.

Schoolhouse Playcare makes a significant effort to keep their snack menu as healthy as possible. A detailed review of the Schoolhouse Playcare snack rotation shows that the morning and afternoon snacks cover more than two food groups per Canada's Food Guide. In following with Day Nurseries Act (DNA) requirements, the morning and afternoon snacks offers the daily minimum serving of two or more food groups per Canada's Food Guide.

In summary, the Schoolhouse Playcare 2013 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.

Sincerely Yours,

Shelley Williams, RD (CDO # 3389)