



Thunder Bay District Health Unit

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NIPIGON

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April 4, 2017

Dear Kinderplace Child Care Centre;

Thank you for attending the menu review session on March 30, 2017 to have your menus reviewed. I am writing you to provide comments from the menu review session, as well as from myself, which I hope you will find helpful when planning your menus.

The tool used to review your menus was based on the City of Toronto Daycares Guidelines, the Child Care and Early Year's Act, Nutrition for Health Term Infants and Eating Well with Canada's Food Guide. I confirm that an appropriate amount of healthy foods are offered each day and follow the guidelines for guiding nutritious meal plans.

Your menus look great! A variety of foods from each of the four food groups of Canada's Food Guide are included within your menu. It's great to see such variety of vegetables and fruits, as well as textures, temperatures and colours of foods incorporated within your menu.

I have no concerns with your menus. Your menus include a variety of foods from the four food groups of Canada's Food Guide, which is great. Review that each main meal includes all four food groups and that there are a minimum of 2 servings from the vegetable and fruit group offered, to help children get the nutrients they need throughout the day.

To make your menu even more healthy, be sure that either a dark green or orange vegetable are offered every day. They contain important vitamins and nutrients that are difficult to get enough of otherwise.

I hope that this feedback is helpful. It is wonderful to see such commitment to providing healthy food for the children at your childcare centre. Keep up the great work. If you have any questions or would like to discuss this feedback further, please feel free to call me at 625-8813.

Sincerely,

Megan Bellinger

Megan Bellinger, RD
Public Health Dietitian

