Food Elements 4 Bell Avenue Grimsby, Ontario L3M 1B4

September 2, 2015

To Whom it May Concern,

I have carefully reviewed the Trans-Fat Free lunch and snack menus prepared by M. Halpert Catering Limited. The menus have been designed to provide optimal nutrition while appealing to the tastes and desires of pre-school and school aged children. The menus follow and in many cases exceed the nutritional guidelines as set by the Day Nurseries Act as well as Canada's Food Guide for Healthy Living.

The menus include a variety of lunches and snacks that are prepared from fresh vegetables and fruits, whole grain breads and pastas, milk products, lean meats and protein alternatives. The "home -style" recipes are prepared with trans-fat free ingredients, are low in saturated fats and salt, and in some cases also include organic ingredients.

These carefully designed menus address the varying range of children served and offer healthy "kid-friendly" meals with diverse ingredients and foods. All of the soups, sauces, dips and dressings are made in house from fresh ingredients. The wide variety of lunches and snacks available in these menus are a nutritious source of energy and afford a positive role model for healthy eating for life.

Sincerely,

Lynn Weaver, RD

Symphleen, KD