

April 9, 2018

To Whom It May Concern:

I have completed a thorough review of the Trans-Fat Free lunch, Trans- Fat Free Vegetarian and snack menus prepared by M. Halpert Catering Limited. Upon completion of review, it is evident that these menus are designed to provide well balanced nutrition while catering to the tastes and desires of pre-school and school aged children. It is clear that the various menus meet and/or exceeds the nutritional guidelines set by the Child Care and Early Years Act as well as Canada's Food Guide for Healthy Living.

The menus provided by M. Halpert Catering Limited include a good amount of variety for lunch (non vegetarian & vegetarian meal options) and snacks which are prepared from fresh vegetables & fruits, whole grain breads & pasta, milk products, lean meat and/or meat (i.e. protein) alternatives. The "home-style" recipes are prepared with trans-fat free ingredients, are low in saturated fats & salt and in some cases also include organic ingredients. All soups, sauces, dips and dressings are made in house from fresh ingredients.

Upon completion of menu review, it is clear that these menus were carefully designed to meet the varying range of children served and offer healthy "kid-friendly" meals with diverse ingredients and foods. The diverse options available on the menu for lunches & snacks are a good source of energy as well as nutrition. The food options provided by this menu will serve as a positive role to help children build healthy eating habits for life.

Sincerely,

A photograph of a handwritten signature in blue ink on a light-colored surface. The signature reads "Rowena Leung" in a cursive script.

Rowena Leung RD, CDE