

June 26, 2020

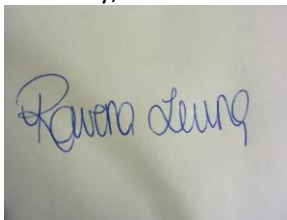
To Whom It May Concern:

I have completed a thorough review of the Trans-Fat Free lunch, Trans- Fat Free Vegetarian menus and Trans Fat Free snack menus prepared by M. Halpert Catering Limited. The menus created continue to exceed the nutritional guidelines set by the Child Care and Early Years Act as well as the new Canada's Food Guide for Healthy Living. The menu set by M. Halpert Catering Limited continues to provide well balanced nutritious meals while catering to the preferences of young children.

Upon discussion with M. Halpert Catering Limited, efforts to ensure sufficient protein intake in both the regular and vegetarian lunch menus are noted (e.g. lean animal protein choices, ricotta tomato sauce, lentil tomato sauce, tomato bean sauce). Efforts to ensure sufficient fibre intake can be seen through the various whole grain bread & pasta choices including quinoa pilaf but also with the abundant fresh vegetables and fruits options. Beans, legumes and tofu are incorporated wherever possible while keeping in mind the food preferences of young children but also to align with the new Canada's Food Guide's encouragement for more plant based choices in the diet. The menu takes into careful consideration for the various food allergies and/or sensitivities encountered by young children. 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. Every effort has been made by M. Halpert Catering Limited to offer a protein choice with each snack to further encourage balanced eating.

Upon completion of menu review, these menus were carefully designed to meet the varying range of children served and offer healthy "kid-friendly" meals with diverse ingredients and foods. M. Halpert Catering Limited continues to strive for new variations within the menu while keeping the crowd favourites. 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 that reads "Rowena Leung". The signature is written in a cursive style on a light-colored background.

Rowena Leung RD, CDE