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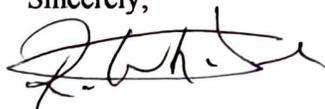
Children's Circle Daycare of St. Barnabas
175 Hampton Avenue
Toronto, Ontario,
M4K 2Z3

As a Registered Dietitian, member of the College of Dietitians of Ontario and Dietitians of Canada, I fully endorse the Children's Circle Daycare's 2021 menu. Children's Circle Daycare strives to keep their menu as healthy as possible.

A detailed review of the Children's Circle Daycare's 2021 menu shows that the menu offers a morning snack, lunch, and afternoon snacks. It follows Canada's new Food Guide by emphasizing fruits and vegetables, including both plant and animal source of proteins with options for vegetarians, and whole grains. The menu offers appropriate serving sizes for toddlers and school age children, two food groups at main snacks and at least four food groups at lunch. Milk is offered at morning snack and lunch, and water is available at all meals and snacks. It is low in processed foods, sugar, salt and saturated fats. The menu meets the requirements of the Child Care and Early Years Act.

Children's Circle Daycare's 2021 menu offers a variety of nutritious foods that are appealing to children both in taste and texture. Parents and caregivers can rest assured that the Children's Circle Daycare is helping their children learn healthier eating habits that have the potential to last a lifetime.

Sincerely,



Rachel White, RD #3531