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Apple Tree Preschool Program
365 Kingston Road E.
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As a Registered Dietitian, member of the College of Dietitians of Ontario (CDO) and Dietitians of Canada, I fully endorse the Apple Tree Preschool Program 2017 seasonal lunch and snack menu.

Apple Tree Preschool makes a significant effort to keep their weekly lunch and snack menu as healthy as possible. The menu highlights a healthy, fresh, and fun variety of foods to support the growth and development of children. It includes a variety of foods from Canada's Food Guide including whole grains, dairy products, fresh fruits, fresh salads, a variety of vegetables and protein rich meat/alternates. The menu plan is low in sugar, salt, trans fats, reduced in artificial colors and additives as well as free of processed meat and processed dairy. Meals include a variety of whole foods made from nutrient rich homemade recipes. Apple Tree Preschool Program ensures this by preparing meals in house and limiting sodium while seasoning with spices and herbs in their meal preparation. In addition, the menu contains many food items that have natural ingredients. The snack menus also feature a variety of fun and tasty nutritious foods that are popular with children. Finally, Apple Tree Preschool recognizes the diversity in taste and/or food preferences of young children and allow for substitution's to occur for cultural or dietary restrictions.

A detailed nutritional review of the Apple Tree four week seasonal menu shows that the meals and snacks assist in meeting a child's average daily calorie/energy needs. The review demonstrates that the menu rotation offers balanced lunch meals with good protein choices, dark orange and green vegetables as well as fibre rich fruits from our very own local farmers whenever possible. The meal plan includes calcium rich milk/dairy choices and an emphasis on whole grains. Apple Tree Preschool also makes a significant effort to keep their snack menu as healthy as possible. Morning and afternoon snacks cover more than two food groups of fun and tasty foods per Canada's Food Guide.

In addition, meals and snacks are accompanied with the choice of fluid milk and/or water that is always offered as a beverage choice. The meal and snack rotation shows that the menu plan includes a variety of food types throughout each week with a clear description of the ingredients and food served for families to view.

The Apple Tree Preschool menu reflects the recommendations and proves to fulfill the nutritional guidelines determined by the Child Care and Early Years Act (CCEYA) for children with a balance of foods as outlined by Health Canada's Eating Well with Canada's Food Guide.

In summary, the meal and snack rotation features a variety of nutritious foods that are appealing to children both in taste and texture. Parents and caregivers can rest assured that the Apple Tree Preschool Program is helping their children learn healthier eating habits that have the potential to last a lifetime.

It is with confidence that I endorse the Apple Tree Preschool Program seasonal menu plan.

Sincerely,

A handwritten signature in black ink, appearing to read 'S', is positioned above the typed name.

Shelley Williams, RD (CDO # 3389)