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Graydon Hall Nursery Schools
5600 Sheppard Avenue East
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As a Registered Dietitian, member of the College of Dietitians of Ontario and Dietitians of Canada, I fully endorse the Graydon Hall Nursery Schools' 2018 menu. Graydon Hall Nursery Schools strives to keep their menu as healthy as possible. The menu includes a variety of fruits, vegetables, and whole grains. It is low in sugar, salt and free of trans fats. The menu features a variety of fun and tasty nutritious foods that are popular with children.

A detailed review of the Graydon Hall Nursery Schools' 2018 menu shows that the menu meets at least 50% of Canada's Food Guide recommendations for children ages 10 and under. It provides a daily average Canada's Food Guide serving 2 servings of fruits and vegetables, 2 servings of grain, 1 serving of milk and alternatives and 0.5 serving of meat and alternatives. In keeping with the Child Care and Early Years Act requirements and the Toronto Children's Services Operating Criteria for children the menu provides a daily minimum of 1 cup of vegetables/fruit, $\frac{3}{4}$ cup or 1.5 slices of grain, 250 ml milk and alternatives and 60 gm meat and alternatives. The menu also offers at least one green or orange vegetable per day and at least half the grain products offered each day are whole grain. There are also vegetarian alternatives available to children. When it comes to snacks the menu offers at least 3 food groups at morning and afternoon snack.

The Graydon Hall Nursery Schools' 2018 menu features a variety of healthy foods that are appealing to children both in taste and texture. Parents and caregivers can rest assured that Graydon Hall Nursery Schools are helping their children learn healthier eating habits that have the potential to last a lifetime.

It is with confidence and enthusiasm that I endorse the Graydon Hall Nursery Schools' 2018 menu.

Sincerely,



Rachel White, RD (#3531)