



Dear Parents,

Choosing a day-care for your child can be a challenging one, as you decide who will care for your child. I recall when I was looking for somewhere for my eldest daughter to attend, and at the top of my list of questions was about the food that my daughter would be served. As a Registered Nutritionist, someone else taking on that role was a daunting handover.

During the more than 20 years that I have been supporting new parents and families as a Registered Nutritionist, and a parent myself, I've come to know and understand the concerns and challenges of feeding growing children in the most healthy and nourishing way.

GHNS partnered with Sprout Right to create menus for Graydon Hall Nursery Schools. Fresh and whole food ingredients were incorporated to provide less processed ingredients while offering homemade and nutrient rich foods. These wholesome menus offer the children the experience of new tastes and flavours at such an influential time in their young lives.

Common food allergies have been taken into account, with healthy alternatives noted for the dedicated kitchen staff, who are lovingly preparing food in-house at each location. Training each team has been a pleasure. And the excitement of offering tasty meals and snacks, is truly heartwarming as it shows the care and attention for each and every child who attends Graydon Hall Nursery Schools.

Many recipes have been adapted from my Award Winning book, Sprout Right Family Food, and have been made by thousands of families for more than 12 years. These recipes and dishes are well loved and super tasty to tempt even the pickiest of tastebuds.

The impact of the diet on health is not to be underrated, and please know that every meal served, has been vetted and recommended by yours truly, an expert in the field of nutrition for babies and beyond.

A handwritten signature in a light green, cursive script that reads "Lianne".

Lianne Phillipson  
Registered Nutritionist, RNCP Dip ION

About Lianne: LIANNE PHILLIPSON is a Registered Nutritionist, bestselling author of two books—her latest, Award Winning, Sprout Right Family Food. She's the host of the fun and informative EAT THIS with Lianne Podcast and a well-known speaker. She is a leading expert and a trusted contributor to radio and television and has appeared on CityTV's Breakfast Television, CityLine, CTV's Your Morning, CTVNews.com, CP24 and CHCH's Morning Live. She is also a nutrition expert on NewsTalk1010, part of the iHeartRadio network. Phillipson is

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raising two healthy daughters in Toronto and has a loyal following of thousands of health-minded families that she helps to make healthier choices, one mouthful at a time.