

Food Elements  
4 Bell Avenue  
Grimsby, Ontario  
L3M 1B4

January 18, 2011

To Whom it May Concern,

I have carefully reviewed the current Trans-Fat Free lunch and snack menus prepared by M. Halpert Catering Limited. The menus have been designed to provide optimal nutrition as well as being good tasting. The menus follow and in many cases exceed the nutritional guidelines as set by the Day Nurseries Act as well as Canada's Food Guide for Healthy Living.

The menus include a variety of lunches and snacks that are prepared from fresh vegetables and fruits, whole grains, milk products, as well as lean meats and alternatives. The "home-style" recipes are prepared with trans-fat free ingredients and are low in saturated fat.

These carefully thought out menus address the changing cultural profile of our community and offer healthy "kid-friendly" meals with ethnically diverse ingredients and foods. These menus with their wide variety of lunches and snacks offer a positive role model for healthy eating for life.

If you have any questions or require any additional information, please do not hesitate to contact me.

Sincerely,

A handwritten signature in black ink that reads "Lynn Weaver, RD". The signature is written in a cursive style with a large initial 'L'.

Lynn Weaver, RD