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To whom it may concern,

I have attentively reviewed the lunch and snack menus prepared by M. Halpert Catering Limited, and find that these menus provide a nutritional balance of foods and are appropriate choices for both pre-school and school aged children.

The menu is a good source of whole foods and fresh ingredients prepared in a variety of healthy manners which are at the same time appealing to children. Meals are consistent in their adherence to the Canada Food Guide and Day Nurseries Act specifications and recommendations for inclusion of fruit and vegetable servings, grain servings, dairy products and lean meat or an alternate protein sources. In fact, there are many examples where they exceed the guidelines.

The menu is transfat free, low in saturated fats and salt, uses whole grain bread products, and whole wheat or vegetable pastas. The soups, dips, sauces, and salad dressings are made in house from fresh ingredients, and there are also examples of organic foods which are incorporated into the food preparation.

This menu provides nutritious options for children, which affords them the energy necessary to concentrate on learning and participation in school activities and is a big step in the right direction of caring for our children and educating them in healthy food choices.

Jordan Ungerman RHN

A handwritten signature in black ink, appearing to read 'J. Ungerman', with a long horizontal flourish extending to the right.