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Kids' Campus Child Care Centre
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As a Registered Dietitian, member of the College of Dietitians of Ontario and Dietitians of Canada, I have reviewed the Kids' Campus Child Care Centre snack menu rotation. The New Canada's Food Guide and Ontario Dietitians in Public Health practical guide have been introduced and Kids' Campus Child Care is committed to following the guidelines. I fully endorse the Kids' Campus Child Care Centre 2020 snack menu.

Kids' Campus Child Care Centre makes a significant effort to keep their weekly snack menu rotation as healthy as possible. A 4 week snack menu cycle for the infant/toddler, preschool and before/after school snack programs were reviewed. In this review it was noted that the 4 week snack menu includes a variety of foods from Canada's Food Guide including plenty of fruits and vegetables, whole grain foods and a variety of proteins including plant based choices. Water is also offered as a drink of choice at each snack. The snack plan is low in sugar, salt, saturated fats and processed foods. Kids' Campus ensures this by preparing many snack options in house and limiting sodium in snacks. The snack menus also feature a variety of fun and tasty nutritious foods that are popular with children. Finally, Kids' Campus Child Care recognizes the diversity in taste and/or food preferences of young children and allow for substitutions to occur for cultural or dietary restrictions.

A detailed nutritional review shows the snacks rotation complement the meals to assist in meeting a child's average daily calorie/energy needs. The review demonstrates that the snacks offer good protein choices, fibre rich fruits and vegetables, calcium rich choices and an emphasis on whole grains. Morning and afternoon snacks cover more than two food groups from the New Canada's Food Guide. In addition, snacks are accompanied with the choice of fluid milk or water as documented on the menu. The Kids's Campus Child Care Centre snack menus prove to fulfill the nutritional guidelines determined by the New Canada's Food Guide and Ontario Dietitians in Public Health Guidelines (ODPH). In summary, the Kids' Campus 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 Kids' Campus is helping their children learn healthier eating habits that have the potential to last a lifetime.

It is with confidence that I endorse the Kids' Campus Child Care Centre snack plan.

Sincerely,

Shelley Williams, RD (CDO # 3389)