



Aug 10, 2023

To Whom It May Concern,

This letter is to confirm that in my capacity as a registered dietitian licensed with the College of Dietitians of Ontario, I review and approve the quarterly menus for Real Foods for Real Kids (RFRK). It is with pleasure that I confirm that I have reviewed the RFRK menu for Fall 2023.

I'm impressed with the creativity and variety of menu choices, the use of top-quality ingredients, and RFRK's adherence to the guidelines recommended by the Ontario Public Health Association and Canada's Food Guide.

As a lunch guest at RFRK, I've also had the unique opportunity to taste many of the lunch and snack items that are served to children each day. True to their name, they really do serve "real food" that's visually appealing and delicious. The flavors are kid-friendly yet sophisticated, to allow children to expand their palates while also eating comfort foods that they know and love. The in-house chef has managed to create dishes that perfectly balance health benefits with delicious taste.

In my capacity as a dietitian, I've had the opportunity to review menus from other day cares, and those experiences underline what sets RFRK apart from the masses:

- RFRK uses top-quality ingredients without taking shortcuts
- RFRK ensures menus offer a variety of color, flavor and texture
- RFRK innovates by testing new recipes and not repeating the same menu cycle each quarter
- RFRK stays current with food trends to excite young palates
- RFRK cares about the environment and sources organic, locally grown and seasonal ingredients when possible

I'm proud to be affiliated with RFRK and sign my name to their quarterly menus, which indicates that I stand behind both the food and the philosophy that goes into their menu development.

Sincerely,

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