

19 August 2024

Branksome Hall
10 Elm Ave
Toronto, ON M4W 1N4

We are committed to offering a high quality, fresh, delicious meal options that meet the needs of the Branksome Hall community. A registered dietitian is a trained food and nutrition expert licensed to provide evidence-based nutrition advice to support individuals and communities in meeting their nutrition needs. Branksome Hall's menus have been dietitian reviewed and approved based on the following criteria:

- Nutritional quality based on Canada's Food Guide principles
- Incorporating local and seasonal ingredients in scratch home-style cooking, as much as possible
- Variety of ingredients and healthful cooking methods
- Balanced and colourful meals
- Options that align with community needs, including vegetarian, vegan, no gluten, no dairy and nutritious kid-friendly options

The junior school variety of vegetarian options were discussed with the onsite team: the offerings meet the preferences of the students who eat the vegetarian entrees.

cc. Lisa Botelho, Regional Manager

Sincerely,

A handwritten signature in blue ink that reads "Clare Barker".

Clare Barker
Registered Dietitian
Registration #15830