

7 November 2024

Lauremont School
500 Elgin Mills Rd. East
Richmond Hill, ON

We are committed to offering a high quality, fresh, delicious meal options that meet the needs of the Lauremont School 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. Lauremont School winter 2024-2025 menus at the upper and lower schools 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, no gluten, no dairy and nutritious kid-friendly options

cc. Lisa Botelho, Regional Manager

Sincerely,

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

Clare Barker
Registered Dietitian
Registration #15830