**Monday, 29th August 2016**

**Shoushan Navasardian**

**Kidzville ELC**

**159 Livingstone Road, Marrickville NSW 2204**

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**Re: MENU ASSESSMENT – Letter of Compliance regarding the Nutritional Requirements for Children in Long Day Care**

## This letter is to certify that the 4 WEEK MENU submitted by Kidzville ELC on 05/09/2016 has been assessed by the Munch and Move program, Health Promotion Officers (Sydney Local Health District).

All menus for children above the age of 12 months are assessed against the recommendations of the “Nutrition Checklist for Menu Planning” outlined in the NSW Health “Caring for Children – Birth to 5 years (Food, Nutrition and Learning Experiences)” and incorporates the revised Australian Dietary Guidelines released in 2013. This checklist ensures that menus offer children a minimum of 50% of their Recommended Daily Intakes of nutrients whilst in 8 hours of care.

The menu attached meets all of the requirements outlined in this checklist. This assessment is valid until August 2017 or until such time as the menu is changed.

Kind Regards,



**Ruby Pokhrel**

**Health Promotion Officer – Healthy Children Initiative**