

## Menu Checklist

| My Menu:                                                                                                                                                                                                                                            | Yes | No | Notes |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|-------|
| Offers foods primarily from Canada's food guide                                                                                                                                                                                                     |     |    |       |
| Offers meals that allow participants to follow Canada's food guide plate proportions: <ul style="list-style-type: none"> <li>• ½ plate – vegetables and fruits</li> <li>• ¼ plate – whole grain foods</li> <li>• ¼ plate – protein foods</li> </ul> |     |    |       |
| Provides snacks that contain items from at least two of the above food categories                                                                                                                                                                   |     |    |       |
| Provides water at all meals and snacks                                                                                                                                                                                                              |     |    |       |
| Considers the religious or cultural needs and the likes and dislikes of participants                                                                                                                                                                |     |    |       |
| Considers food intolerances or allergies of participants                                                                                                                                                                                            |     |    |       |
| Uses a variety of foods, prepared in different ways                                                                                                                                                                                                 |     |    |       |
| Offers a variety of colours, flavours, and textures to improve meal variety and appeal                                                                                                                                                              |     |    |       |
| Includes seasonal foods                                                                                                                                                                                                                             |     |    |       |
| Offers higher fibre choices where available                                                                                                                                                                                                         |     |    |       |
| Limits foods high in saturated fats                                                                                                                                                                                                                 |     |    |       |
| Limits foods high in salt                                                                                                                                                                                                                           |     |    |       |
| Limits foods and beverages high in sugar                                                                                                                                                                                                            |     |    |       |
| Allows serving methods, where possible, that let participants choose which menu items they would like to eat and how much                                                                                                                           |     |    |       |
| Can be prepared in the time available                                                                                                                                                                                                               |     |    |       |
| Can be prepared with the equipment available                                                                                                                                                                                                        |     |    |       |
| Can be prepared by the people available                                                                                                                                                                                                             |     |    |       |
| Considers ways to reduce food waste such as adapting meals based on what foods are on hand, repurposing today's ingredients for tomorrow's menu or sending leftovers home with participants                                                         |     |    |       |
| Is within the food budget                                                                                                                                                                                                                           |     |    |       |