

Our **Healthylicious™** menus are full of nutritious foods parents will feel good about and children will love. Keeping our diet full of fresh, local foods can be a challenge during the colder months. Thankfully, you can still embrace what your local region has to offer even when the temperature is freezing outside.

We have focused on sourcing locally and Canadian made meals and snacks throughout our seasonal menu. Below you will find some of our menu highlights focused around eating locally. **ENJOY!**

Ground Turkey

Our ground turkey comes from farms in Ontario and Quebec and is processed in Ontario.

We use this local ground turkey in lunch entrées such as our Turkey Sloppy Joes

Maple Mustard Chicken

Our chicken drumsticks come from Ontario and Canada. Kids love the flavours we create using unique marinades and sauces we use to cook the chicken right in the Food for Tots kitchen.

Breaded Chicken Nuggets

Our all white meat breaded chicken pieces are made from primarily Ontario and Canadian chicken and are made here in Elmira, ON. Rich in protein and deliciously crispy, these nuggets are everyone's favourite!

Milk

Our dairy comes from Ontario Dairy farms, with two-thirds of the milk coming from dairy farms within 100 km from the manufacturing facility in Belleville, Ontario.

Cheese Cubes

Our cheese cubes served as a snack on our menu is made in Ontario. The milk is trucked daily from local farms and processed into cheese at a facility 6km south of Kincardine, Ontario

Apples & Other Seasonal Fruit

Food for Tots provides Ontario grown apples year round. In the summer months, we add peaches and plums and strawberries when available.

Sunshine Mixed Vegetables

(Orange carrots, yellow carrots and green beans)

Vegetable Medley

(Broccoli, Cauliflower and Carrots)

Diced Carrots

Corn Niblets

Green beans

Our vegetable sides are grown on Ontario, Quebec and Canadian farms. They are frozen at their peak freshness and prepared each day at Food for Tots.

These locally grown vegetables are nutritious and colourful to help kids develop a love for vegetables



Fresh and Local in every bite.



Apples and other seasonal fruits from Ontario



Artisanal breads made fresh in Toronto bakeries



Drumsticks from chickens raised in Ontario & Quebec



Carrots, broccoli, turnip, green beans, peas grown in Ontario & Quebec



Yogurt, milk, cheese from Ontario & Quebec Dairy farms

WHAT CONSTITUTES
A LOCAL FOOD?

CFIA defines local as foods produced in the same province in which it is sold.

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