Yvanna Mesic
Registered Dietitian

2 September 2026.

Pickering College
16945 Bayview Ave.
Newmarket ON L3Y 4X2

We are committed to offering high quality, fresh, delicious meal options that meet the needs of the Pickering College 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. The Pickering College Fall 2026 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
- Culturally diverse menu options
- Options that align with community needs, including vegetarian, vegan, no gluten, no dairy and nutritious kid-friendly options

cc. Lisa Botelho, Regional Manager

Sincerely,

Y. Mesic

Yvanna Mesic
Registered Dietitian
Registration #15417

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