

Appendix A

Food and Beverage Requirements

How to determine if a food or beverage can be served, sold or otherwise offered.

Step 1

Check to see if the food or beverage is of Higher Nutritional Value or Lower Nutritional Value.

If an item falls in the Higher Nutritional Value list or the Lower Nutritional Value list, it is **not necessary** to look at the **nutrient criteria** table.

Step 2

If products are not found on the Higher Nutritional Value or Lower Nutritional Value lists, use the nutrient criteria table to determine if it can be sold, served or otherwise offered. A product must meet ALL of the nutrient criteria.

Definitions

Added Sugars

Sugars are naturally present in many nutritious foods and beverages such as fruit and milk. However, many foods and beverages have added sugars as an ingredient to increase sweetness of the product. Any sugars that are added to a product must be in the list of ingredients on the product label.

Examples of added sugars include white sugar, brown sugar, cane sugar, raw sugar, beet sugar, agave syrup, honey, maple syrup, barley malt extract, corn syrup, rice syrup, fancy molasses, fructose, glucose, fructose-glucose (also known as high fructose corn syrup), maltose, sucrose, dextrose, maltodextrin, trehalose, lactose, and fruit juice and puree concentrates that are added to replace sugars in foods or beverages.

Non-Sugar Sweeteners

Non-sugar sweeteners are added to foods and beverages to lower the sugar and calorie content of products. Products that contain non-sugar sweeteners are often lower in nutritional value and may replace higher nutritional value foods and beverages. Non-sugar sweeteners must be listed in the Ingredients List on the product label. They can include artificial sweeteners, sugar alcohols and natural non-sugar sweeteners (e.g. stevia).

Examples of non-sugar sweeteners include artificial sweeteners (aspartame, acesulfame potassium, neotame, sucralose, cyclamate, thaumatin), sugar alcohols (sorbitol, isomalt, lactitol, xylitol, mannitol), steviol glycosides (stevia), polydextrose, and hydrogenated starch hydrolysates.

Whole Grains

Whole grains are a source of fibre and many micro-nutrients. A whole grain contains all three parts of the seed: the bran, endosperm and germ. Refined grains are whole grains that have had the germ and bran removed (e.g. white flour, white rice) and are less nutritious than whole grains.

Examples of whole grains include wheat, rice, oats, barley, corn, wild rice, rye, quinoa, and buckwheat.

Caffeine

Caffeine is found naturally in a variety of products such as coffee, tea and chocolate. Caffeine and caffeine-containing ingredients may be added to products like energy drinks. Caffeine affects individuals differently. However, children and youth are at an increased risk of experiencing anxiety, inattentiveness, irritability, headaches, increased heart rate and higher blood pressure from consuming caffeine.

Vegetables and Fruit

Step 1

Determine which category the product fits.

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Fresh vegetables
- Frozen vegetables
- Canned vegetables
- Fresh fruit
- Frozen fruit
- Canned fruit (packed in juice or light syrup)
- Apple sauce and other fruit sauces (100% fruit, no added sugar)
- 100% vegetable or fruit juice

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Fruit-based drinks that contain less than 100% fruit juice
- Battered vegetables
- Deep fried vegetables
- French fries – frozen, processed potato products
- Chips
- Sweetened gelatin / jellied desserts
- Fruit cups in gelatin
- Fruit canned in heavy syrup
- Prepared pie filling
- Processed fruit snacks (fruit leather with added sugar, gummies, etc.)
- Non-sugar sweeteners added

Step 2

Use the nutrient criteria below for products that are not included in the Higher or Lower Nutritional Value categories.

Compare the Nutrition Facts table on the package of the product to the nutrient criteria below. The product must meet all nutrient criteria in order to be served, sold or otherwise offered.

NUTRIENT CRITERIA VEGETABLES AND FRUIT

Saturated fat	≤ 2 g	<i>Examples:</i> • 40 g dried fruit • 50 g vegetable-based snack
Sodium	≤ 150 mg	
Sugar	No added	



Grains

Step 1

Determine which category the product fits.

Higher Nutritional Value

These products CAN be served, sold or otherwise offered:

- Grains – whole grain flour, enriched white flour, wheat, oat, corn, barley, rye, bulgur, quinoa, couscous
- Whole grain bread products – bread, bagel, tortilla, pita, English muffin, buns, bannock, naan, pizza crust
- Whole grain rice, wild rice, rice
- Whole grain or enriched pasta

Lower Nutritional Value

These products will not be served, sold or otherwise offered:

- Pastries, croissants, pies
- Instant noodles/pasta
- Pre-seasoned rice
- Instant rice
- Canned pastas
- Canned rice
- Doughnuts
- Coated granola bars
- Non-sugar sweeteners added

Step 2

Use the nutrient criteria below for products that are not included in the Higher or Lower Nutritional Value categories.

Compare the Nutrition Facts table on the package of the product to the nutrient criteria below. The product must meet all nutrient criteria in order to be served, sold or otherwise offered.

NUTRIENT CRITERIA

GRAINS

First ingredient on Ingredient List must be a whole grain**	Examples:
Saturated fat ≤ 2 g	<ul style="list-style-type: none"> • 30 g cold cereal • ¾ cup hot cereal • 2 cups popped corn • 35 g muffin or baked goods (e.g. cookie, loaf)
Sodium ≤ 250 mg	<ul style="list-style-type: none"> • 30-38 g granola bar • 35 g pancake or waffle
Sugar ≤ 9g	<ul style="list-style-type: none"> • 2 medium rice cakes • 30 g crackers

** Examples of whole grains include wheat, rice, oats, barley, corn, wild rice, rye, quinoa, and buckwheat.



Milk and Alternatives

Step 1

Determine which category the product fits.

Higher Nutritional Value

These products CAN be served, sold or otherwise offered.

- Milk (2%MF or less)
- Fortified soy beverage (unsweetened)
- Hard cheese
- Cottage cheese
- Plain yogurt
- Pudding mix prepared with milk

Lower Nutritional Value

These products will not be served, sold or otherwise offered.

- Commercially prepared milkshakes
- Ice cream
- Processed cheese slices and spreads
- Non-sugar sweeteners added



Step 2

Use the nutrient criteria below for products that are not included in the Higher or Lower Nutritional Value categories.

Compare the Nutrition Facts table on the package of the product to the nutrient criteria below. The product must meet all nutrient criteria in order to be served, sold or otherwise offered.

NUTRIENT CRITERIA		
MILK		
Saturated fat	≤ 3 g	Examples: • 1 cup flavoured milk (250 ml) • 1 cup flavoured fortified soy beverage (250 ml)
Sodium	≤ 180 mg	
Sugar	≤ 26 g	
MILK ALTERNATIVES		
Saturated fat	≤ 3 g	Examples: • ¾ cup flavoured yogurt (175 g) • 200 ml flavoured yogurt drink • 125 ml frozen yogurt • 125 ml pudding (ready to serve)
Sodium	≤ 180 mg	
Sugar	≤ 20 g	

Meat and Alternatives

Step 1

Determine which category the product fits.

Higher Nutritional Value

These products CAN be served, sold or otherwise offered.

- Legumes (beans, peas, lentils)
- Hummus
- Baked beans
- Eggs
- Tofu
- Nut butter*
- Nuts and seeds, no sugar or salt added*
- Chicken, turkey
- Beef, pork
- Lean or extra lean ground meat
- Fish, seafood
- Canned fish

* for schools that allow nuts

Lower Nutritional Value

These products will not be served, sold or otherwise offered.

- Fried or previously fried meat, fish, chicken, turkey
- Commercially battered and/or breaded meat, fish, chicken, turkey
- Bologna
- Wiener / hotdog
- Pepperoni, salami
- Bacon (*may be used only as a condiment*)
- Non-sugar sweeteners added



Step 2

Use the nutrient criteria below for products that are not included in the Higher or Lower Nutritional Value categories.

Compare the Nutrition Facts table on the package of the product to the nutrient criteria below. The product must meet all nutrient criteria in order to be served, sold or otherwise offered.

NUTRIENT CRITERIA MEAT AND ALTERNATIVES

Saturated fat	≤ 4 g	<i>Examples:</i>
Sodium	≤ 500 mg	<ul style="list-style-type: none"> • 2 oz (55 g) luncheon or deli meats • 55 g ham • 60 g precooked meat, fish, poultry
Sugar	N/A	<ul style="list-style-type: none"> • 60 g pre-seasoned meat, fish, poultry • 60 g meatballs

Mixed Entrées

Step 1

Determine which category the product fits.

Higher Nutritional Value

These products CAN be served, sold or otherwise offered.

- Freshly made entrées with Higher Nutritional Value Ingredients

Lower Nutritional Value

These products will not be served, sold or otherwise offered.

- Entrées that contain Lower Nutritional Value ingredients
- Non-sugar sweeteners added

Step 2

Use the nutrient criteria below for products that are not included in the Higher or Lower Nutritional Value categories above.

Compare the Nutrition Facts table on the package of the product to the nutrient criteria below. The product must meet all nutrient criteria in order to be served, sold or otherwise offered.

NUTRIENT CRITERIA SOUP, BROTH BASED OR MEAL STYLE

Saturated fat	≤ 3 g	<i>Examples:</i> • 250 ml broth soup • 250 ml vegetable soup • 250 ml chowder • 250 ml stew • 250 ml fricot
Sodium	≤ 500 mg	
Sugar	N/A	

NUTRIENT CRITERIA PREMADE, PREPACKAGED, RESTAURANT OR FROZEN ENTRÉE

Reference Amount Per calories	Saturated fat	Sodium	<i>Examples:</i>
100-199 kcal	≤ 2 g	≤ 400 mg	• Pizza
200-299 kcal	≤ 3 g	≤ 500 mg	• Pita
300-399 kcal	≤ 4 g	≤ 500 mg	• Subs
400-499 kcal	≤ 5 g	≤ 700 mg	• Hamburgers
500-599 kcal	≤ 5 g	≤ 700 mg	• Burritos
			• Meat pie
			• Lasagna



Beverages and Other Products

Higher Nutritional Value

These products CAN be served, sold or otherwise offered.

- Water
- Milk
- Fortified soy beverage (unsweetened)
- 100% fruit or vegetable juice

100% fruit juice, flavoured milk / fortified soy beverages are a source of vitamins and minerals; however they also contain a lot of sugar. These products can be sold, served or otherwise offered in schools; however efforts should be made to promote water and unsweetened milk / fortified soy beverage over these items. If you choose to sell, serve or otherwise offer these items, consider using the smaller individual size (e.g. 200 ml juice box; 250 ml chocolate milk carton).

Lower Nutritional Value

These products will not be served, sold or otherwise offered.

- Beverages with added sugar
*(except for flavoured milk and flavoured fortified soy beverages)
- Beverages with non-sugar sweeteners
- Beverages containing caffeine
- Flavoured water (naturally or artificially flavoured)
- Vitamin water
- Sports drinks
- Energy drinks
- Energy shots
- Soft drinks (carbonated soda)
- Candy
- Chips
- High sugar syrups and toppings
- Dessert topping
- Deep fried products of any kind
- Chocolate (bars or candy)
- Confectionary





Ingredients

Ingredients for freshly made items can be anything that is of Higher Nutritional Value or meet the nutrient criteria. Ingredients cannot include anything that is of Lower Nutrition Value. Additional ingredients can be used to prepare recipes.

The following are examples of ingredients that can be used to prepare recipes:

- Oils, soft tub margarines, butter
- Sugar, maple syrup, honey, molasses
- Herbs, spices, salt, flavourings (e.g. vanilla, onion powder, garlic powder etc.)
- Tomato sauces, tomato paste
- Condensed soup, broth, bouillon
- Cocoa powder
- Baking powder, baking soda, cream of tartar, corn starch
- Vinegar
- Coconut

Condiments

Condiments are used to enhance the flavor of foods and beverages. They can be high in saturated fat, sodium, and sugar and should be used in small quantities. Where possible use low sodium versions (e.g. ketchup, soy sauce) or low saturated fat versions (e.g. sour cream). **Serve them in small quantities: 1 teaspoon or 1 tablespoon.**

Examples include:

- Ketchup
- Mustard
- Relish and pickles
- BBQ sauce
- Mayonnaise
- Salad dressings
- Soy sauce
- Bacon
- Sour cream
- Salsa
- Gravy
- Hot sauce
- Cream cheese
- Jam
- Croutons