



for the BC school system



# Healthy Choices Guide

for the BC School System

second edition

June, 2009



**Neptune**  
Food Service

**A GFS Canada Company**



# About the Healthy Choices Guide

The Healthy Choices guide is designed to be used as a jumping off point to get you started on the road to healthy eating. The items in this book all meet the guidelines laid out by the Ministry of Health & Ministry of Education for food & beverage sales in BC schools. These items represent only some of the many compliant items available through Neptune Food Service; please speak to your Neptune Food Service sales representative for more information or assistance regarding these guidelines.

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# Choose Most

These items (including whole grain breads and fresh vegetables) tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed.

These food and beverages must account for 50% or more of food and beverages sold in BC schools.

Item #	Description	Pack Size	Brand
3574237	Bar Cereal Oatmeal To Go Oats Hny	32/47G	Quaker
1058890	Bar Kashi 7 Whl Grains And Almonds	72/35G	Kashi
1058889	Bar Kashi Pnut Btr	72/35G	Kashi
1027729	Beef Rst Ckd Slcd Fzn	8/600G	Maple Leaf
1000347	Burger Patty 3.4Z Veg Mtless Bulk	40/96.3G	Yves
1969427	Burger Patty Beef 2Z Ckd	80/2Z	Schneiders
1000917	Burger Patty Veg Boca 3.5Z Mtless	48/3.5Z	Boca Burger
3105207	Burger Patty Veg Garden 3.4Z W/Veg Bulk	40/96.4G	Yves
1000447	Burger Patty Veg Sensation 44Ct 4-1	1/5KG	Hampton House
1071229	Burger Veg Classic Meatless ZT	1/5KG	Huck's
1071302	Burger Veg Grnd Chili Meatless	1/5KG	Huck's
1071301	Burger Veg Grnd Tom Ital Meatless	1/5KG	Huck's
8192537	Buttermilk 3.25 Pct	9/2L	Dairyland
3182387	Cereal All Bran Bulk	6/1650G	Kellogg's
1027019	Cereal All Bran Guardian	70/27G	Kellogg's
3074477	Cereal All Bran Ptn	70/50G	Kellogg's
3182367	Cereal Bran Flake Bulk	6/1000G	Kellogg's
3074367	Cereal Bran Flake Ptn	70/36G	Kellogg's
3181107	Cereal Muslix Almond Raisn Ptn	1/72CT	Kellogg's
3180547	Cereal Raisn Bran Bulk	6/1325G	Kellogg's
3074037	Cereal Raisn Bran Ptn	70/51G	Kellogg's
3181547	Cereal Vector Meal Replacement	6/850G	Kellogg's
3200167	Cheese Brick Ptn	100/21G	Kraft
3202477	Cheese Ched Med Lite Ptn	100/21G	Kraft
1078383	Cheese Ched Med Liveactive	100/21G	Kraft
3202457	Cheese Ched Mild Lite Ptn	100/21G	Kraft
3394297	Cheese Edam	4/2.25KG	Armstrong
3009367	Cheese Gouda	4/2.25KG	Armstrong
3200187	Cheese Gouda Ptn	100/21G	Kraft

Item #	Description	Pack Size	Brand
3201067	Cheese Marble Ptn	100/21G	Kraft
3203197	Cheese Mont Jack Jalap Ched Shred	2/3KG	Armstrong
1058483	Cheese Mont Jack Slcd Nat	12/500G	Kraft
8066417	Cheese Mozz Delissio	4/2.3KG	Kraft
3205277	Cheese Provolone Kraft Interleaf Slcd	12/250G	Kraft
3201517	Cheese Swiss Slcd Nat 15Gr	1/6KG	Kraft
1016639	Chix Brst Trim Bulk Frsh	2/5KG	GFS
1078941	Chix Burger Brst Mt 90G M/Grain	2/2KG	Maple Leaf
1098884	Chix Nugget Brd All White M/Grain	2/2KG	Maple Leaf
3066827	Chix Shred Veg F/C Fzn	1/4.54KG	Schneiders
1078699	Chix Strip Brst Mt Brd 32G Multi	2/2KG	Maple Leaf
1027714	Chix Thigh Grill F/C 90G IQF	2/2KG	Maple Leaf
1042022	Chix Veg Nugget	1/2.27KG	Yves
1033364	Dessert Peach Mango Tofu Sunrise	24/150G	Sunrise
1070394	Egg Ckd Pld	1/10KG	GFS
1070401	Egg Ckd Pld	6/1DZ	GFS
3207037	Egg Hard Boiled Pld	3/1DZ	Naturegg
3379517	Egg Liq Whl - Kosher Certified	2/10KG	GFS
3945567	Egg Mix Scrambled	6/2KG	Vanderpols
1070402	Egg Scrambled Fzn Boil In A Bag	8/2KG	GFS
3392357	Egg Whl Liq - Kosher Certified	12/1KG	GFS
3206017	Egg White Frsh	6/2KG	Vanderpols
1083064	Fries Swt Potato Platter	5/3LB	Lamb Weston
5952677	Fries Wedge Cut Oven Rstd Red Skin	6/2.5LB	Lamb Weston
1126097	Grnd Veg Just Like Beef Orig	6/1KG	Yves
4130177	JIT Apple Slc Mixed (2 Day Lead)	72/2Z	Sunrich
1036913	JIT Mixed Apples Grapes 2 Day Lead	48/4Z	Sunrich
9130357	JIT Orange Ind 8 Cut	1/54CT	GFS
1040300	JIT Red Grapes (2 Day Lead)	72/2Z	Sunrich
1072703	JIT Salad Greek No Onion	4/5LB	GFS
1040299	Liquid Egg Omega 3 Whl	12/1KG	Trilogy
1121047	Meatball Ckd 1/2Z Fzn Fsvrc	1/10LB	Schneiders
8191477	Milk 1 Pct	9/2L	Dairyland
8192307	Milk 2 Go 1 Pct	12/500ML	Dairyland
3350867	Milk 2 Go 2 Pct	12/350ML	Dairyland
3369907	Milk 2 Go 2 Pct	12/500ML	Dairyland
3325377	Milk 2 Pct	16/1L	Dairyland
8191547	Milk 2 Pct	9/2L	Dairyland
8191567	Milk 2 Pct	1/20L	Dairyland



Item #	Description	Pack Size	Brand
8192387	Milk 2 Pct Corrugate	12/500ML	Dairyland
8192397	Milk 2 Pct Corrugate	24/250ML	Dairyland
1048491	Milk 2 Pct Crtn	48/250ML	Dairyland
1048492	Milk 2 Pct Crtn	28/500ML	Dairyland
8193067	Milk 2 Pct Cups Ptn 9MI	4/160CT	Dairyland
8196137	Milk 2 Pct In Corrugate Box	1/20L	Dairyland
8196377	Milk 2 Pct Tray	4/16CT	Dairyland
8191037	Milk Homo	16/1L	Dairyland
8191047	Milk Homo	9/2L	Dairyland
8191057	Milk Homo Jug	4/4L	Dairyland
8191597	Milk Jug 1 Pct	4/4L	Dairyland
3325197	Milk Jug 2 Pct	4/4L	Dairyland
3191087	Milk Lactose Free 1 Pct	16/1L	Dairyland
8192527	Milk Skim Fat Free	16/1L	Dairyland
8193707	Milk Skim Fat Free	9/2L	Dairyland
8192507	Milk Skim Fat Free Ctn	48/250ML	Dairyland
8193717	Milk Skim Fat Free Jug	4/4L	Dairyland
3415337	Milk Skim In Corrugate Box	1/20L	Dairyland
3325907	Milk Skim Tray 120MI	4/16CT	Dairyland
1017112	Mix Pancake Wheat Wise Multigrain	1/10KG	Robin Hood
1040074	Mix Scone Wheat Wise Whl Grain	1/10KG	Robin Hood
3401637	Peanut Btr Ptn	200/18G	Kraft
3301557	Peanut Btr Smooth Pail	1/10KG	Kraft
1961987	Pepperoni Veg	5/1KG	Yves
1055370	Pollock Brd 3.6Z Low Fat Rect	1/10LB	Trident
1038459	Pork Drummie Appy Slow Ckd	1/4.1KGA	Maple Leaf
5400077	Potato 1/2 Shell Spudskn 160Ct	1/19LB	Tater Boy
1102040	Potato Swt Dcd Btd	5/3LB	Lamb Weston
1015300	Salmon Ptn 4Z F/C GrlD Fzn	1/10LB	Trident
9516077	Samosa Chix Gourmet	1/48CT	Nana's
1058523	Sausage Brkfst Pork 20Ct Pre-Ckd	1/4.54KG	Maple Leaf
1009323	Shrimp Skewer 21/25 B/Fly	4/3LB	Aquastar
1064353	Shrimp Skewer 8/12Ct 3Pc	4/3LB	Aquastar
3571077	Smoothie Abundant C Pet	6/325ML	Happy Planet
3571127	Smoothie Extreme Grn Pet	6/325ML	Happy Planet
1031982	Smoothie Extreme Prpl Pet	6/325ML	Happy Planet
3565047	Snack Hny Swt Trail Mix	72/40G	Munchies
1093832	Squid Ring 5-8 Flying IQF Japanese	4/2.5LB	Ocean Bistro
1093831	Squid Ring Tent 5-8 IQF Flying Japanese	4/2.5LB	Ocean Bistro

Item #	Description	Pack Size	Brand
1093830	Squid Tube 5-8 Flying Japanese	10/2.5LB	Ocean Bistro
1093824	Squid Tube Tent 3-5 Flying Japanese	10/2.5LB	Ocean Bistro
1093829	Squid Tube Tent 5-8 Flying Japanese	10/2.5LB	Ocean Bistro
1093833	Squid Tube Tent 5-8" S/On Flying Japanese	10/2.5LB	Ocean Bistro
3333847	Tofu Dessert	24/150G	Sunrise
4212507	Tofu Firm Purple	12/350G	Sunrise
4210937	Tofu Med Red Water Pk	12/454G	Sunrise
3537647	Tofu 'N' Sauce Pete'S Teriyaki	9/175G	Sunrise
3537657	Tofu 'N' Sauce Szechuan Pete'S	9/175G	Sunrise
9216167	Tofu Sesame Ginger	9/175G	Petes Tofu
3253617	Tofu Xtra Firm Grn	12/350G	Sunrise
1034144	Tortilla Curry Hmstyle 11	12/1DZ	Fresca
1034149	Tortilla Salsa Hmstyle 11	14/1DZ	Fresca
1032272	Tortillas 11 Hmstyle Flr	12/1DZ	Fresca
1027711	Turkey Brst Rst Ckd Slcd Fzn	8/600G	Maple Leaf
1961067	Wiener Reg 6Ct 6"	2/2.72KG	Shopsys
8194017	Yogurt Plain Thick	2/4KG	Nature's Treat
1016342	Yorkshire Pudding Traditional	72/50GR	Westminster
8008777	Yorkshire Pudding Yorkie Mini	144/13GR	Westminster

# Choose Sometimes

These items (such as flavoured yogurts) tend to be nutritious but moderately salted, sweetened, or processed.

These food and beverages can account for 50% or more of food and beverages sold in BC schools.

Item #	Description	Pack Size	Brand
1097720	Bar Cereal Choc Chip	6/18-30G	All Bran
1097712	Bar Cereal Cinn Oatmeal	6/18-30G	All Bran
1045213	Bar Swt Salty Almond	6/384G	Nutri Grain
1038044	Bar Swt Salty Pnut	12/6/384G	Nutri Grain
1048410	Base Chix Soup Sodium Reduced	1/4KG	Luda H
1434537	Beef Rst Ckd Slcd Deli Mainst	6/500G	Schneiders
5513667	Bread Stix Pbkd 7" Garl	240/1Z	Teeny Foods
3533597	Bread Stix Sesame	2/250CT	Grissol
1038809	Burger Patty Beef 2.6Z Choice Rnd	65/77G	GFS
1064640	Burger Patty Beef 2.6Z Classic	1/4.54KG	JD Sweid
1038802	Burger Patty Beef 4Z Choice Rnd Fzn	1/4.88KG	GFS
1038802	Burger Patty Beef 4Z Choice Rnd Fzn	1/4.88KG	GFS
1050950	Burger Patty Beef 6Z P/R	1/7KG	ICP
1050951	Burger Patty Beef 8Z P/R	1/5KG	ICP
3182347	Cereal Corn Flakes Bulk	6/675G	Kellogg's
3074257	Cereal Corn Flakes Ptn	70/27G	Kellogg's
3183327	Cereal Froot Loops Bulk	6/875G	Kellogg's
3096547	Cereal Froot Loops Ptn	70/27G	Kellogg's
3052237	Cereal Frosted Flakes	70/35G	Kellogg's
3182397	Cereal Frosted Flakes Bulk	6/950G	Kellogg's
3182357	Cereal Rice Krispies	6/700G	Kellogg's
3073817	Cereal Rice Krispies Ptn	70/21G	Kellogg's
3182377	Cereal Special K Bulk	6/625G	Kellogg's
3073927	Cereal Special K Ptns	70/20G	Kellogg's
3202567	Cheese Asiago Shred	2/1KG	Delissio
3200077	Cheese Ched Grated Powder	1/2.5KG	Kraft
1005063	Cheese Cream Herb And Garlic Spread	1/1.5KG	Philadelphia
1039592	Cheese Cream Herb Garl	4/1.5KG	Philadelphia

Item #	Description	Pack Size	Brand
3203177	Cheese Cream Industrial	1/20KG	Philadelphia
3203957	Cheese Cream Lite	6/1.5KG	Philadelphia
3203127	Cheese Cream Lite Spread	1/3KG	Philadelphia
3200117	Cheese Cream Plain	1/15KG	Philadelphia
3200087	Cheese Cream Plain	6/1.5KG	Philadelphia
3202897	Cheese Cream Plain Spread	1/3KG	Philadelphia
3203477	Cheese Cream Reg Soft	6/1.5KG	Philadelphia
3204347	Cheese Cream Strawb Lite	4/1.5KG	Philadelphia
3202437	Cheese Swiss Ribbon Slcd Darifarm	2/2KG	Kraft
1058909	Chip Bbq Bkd	40/32G	Lay's
3514077	Chip Bkd Nacho Chs	40/32G	Frito Lay
3236907	Chip Potato Bkd	40/32G	Lay's
1059239	Chip Var Pak Bkd	36/32G	Frito Lay
1006181	Chips Baked Ruffles Sour Crm Ched	40/32G	Ruffles
3157707	Chix Brst 3.24Z B/S Ckd	1/4KG	Hampton House
5121607	Chix Cacciatore Right For You	6/1.8KG	Right For You
1560057	Chix Nugget Brd Dino/Snackosaur	1/4KG	Hampton House
1023422	Chix Souvlaki Mt Pcs Ckd	2/2KG	Maple Leaf
1016811	Chix Strip Tender Brd 90-105Ct Zt	1/4KG	GFS
3240777	Cookie Asst Crm Bulk P.F.	1/5.74KG	Peak Freans
1077850	Cookie Blueb Brn Sugar	100/2CT	Peak Freans
1042551	Cookie Cranb Citrus Oat Crunch	100/19G	Peak Freans
1059112	Cookie Dgh Caramel ZT Schoolhse	170/42G	English Bay
1059121	Cookie Dgh Choc Chip ZT Schoolhse	170/42G	English Bay
1059119	Cookie Dgh Dark Whte Choc ZT Schoolhse	170/42G	English Bay
1059120	Cookie Dgh Oatmeal Raisn ZT Schoolhse	170/42G	English Bay
1059113	Cookie Dgh Raisin Cocoa ZT Schoolhse	170/42G	English Bay
3241227	Cookie Digestive Cholesterol Free	20/40CT	Dare Foods
3240707	Cookie Digestive P.F.	100/2CT	Peak Freans
1042253	Cookie Lemon Crisp	100/23G	Peak Freans
3845977	Cookie Peak Frean Arrowroot Bulk	1/5.61KG	Peak Freans
3548797	Cookie Spice Snap	20/49CT	Dare Foods
3240307	Cracker Melba Toast	400/2CT	Grissol
3240857	Cracker Rusk Holland	12/100G	Grissol
3503427	Crouton Garl	12/150G	Grissol
3947727	Crouton Garl Gourm	1/5KG	Grissol
3433577	Custard	48/113G	Kozy Shack
3533447	Dressing 1000 Island	2/3.78L	Kraft
3517777	Dressing Balsamic Vinaig	2/3.78L	Signature

Item #	Description	Pack Size	Brand
3517537	Dressing Blue Chs	2/3.78L	Gourmet
3442047	Dressing Blue Chs Chky	2/1GAL	Litehouse
3401147	Dressing Blue Chs Ptn	100/1Z	Litehouse
3517717	Dressing Caesar Crmy	2/3.78L	Kraft
3518637	Dressing Caesar Crmy Calwise	2/3.78L	Kraft
3517747	Dressing Caesar Garl Lovers	2/3.78L	Gourmet
3518607	Dressing Coleslaw	2/3.78L	Kraft
3517087	Dressing Cucumber Crmy	2/3.78L	Kraft
3517547	Dressing Frnch	2/3.78L	Kraft
3517787	Dressing Greek Feta Oregano	2/3.78L	Kraft
3517597	Dressing Hny Must	2/3.78L	Kraft
3517517	Dressing Ital Fat Free	2/3.78L	Kraft
3517557	Dressing Ital Gldn	2/3.78L	Kraft
3517527	Dressing Ital Zesty	2/3.78L	Kraft
3533897	Dressing Ital Zesty Calorie Wise	2/3.78L	Kraft
3517027	Dressing Miracle Whip	2/3.78L	Kraft
3517037	Dressing Miracle Whip Cal Wise	2/3.78L	Kraft
3517757	Dressing Oriental Sesame	2/3.78L	Signature
1067961	Dressing Orng Mandarin W/Sesame	2/3.78LT	Signature
3517797	Dressing Ranch	2/3.78L	Gourmet
3442007	Dressing Ranch Cntry	2/1GAL	Litehouse
3517727	Dressing Rancher Choice	2/3.78L	Kraft
3517767	Dressing Raspb Vinaig	2/3.78L	Signature
3518647	Dressing Rst Red Ppr W/Parm	2/3.78L	Signature
3446037	Dressing Salad Bowl	2/3.78L	Kraft
3517737	Dressing Sundrd Tom Oregano	2/3.78L	Signature
1035464	Drink Fruit Mix W/Blueb Tetra	12/250ML	Mysmoothie
1035469	Drink Fruit Mix W/Mango Tetra	12/250ML	Mysmoothie
1035471	Drink Fruit Mix W/Passion Tetra	12/250ML	Mysmoothie
1035470	Drink Fruit Mix W/Peach Tetra	12/250ML	Mysmoothie
1035472	Drink Fruit Mix W/Raspb Tetra	12/250ML	Mysmoothie
1035474	Drink Fruit Mix W/Strawb Tetra	12/250ML	Mysmoothie
1087771	Egg Frittata Veg Fire Rstd	60/3.25Z	Michael Food
1020010	Egg Patty Fried Nat Shape	144/1.75	Michael Food
1023152	Egg Patty Scrambled Nat Shape	144/1.5Z	Michael Food
1037133	Fish Stix Brd 1Z Baja	1/10LB	Trident
5200167	Fries Crinkle Cut Superfries 7/16	6/5LB	McCain
1074681	Fries Gold Crisscuts My Fries	6/4.5LB	Lamb Weston
5944117	Fries Straight Cut S/On Stealth 3/8	6/5LB	Lamb Weston

Item #	Description	Pack Size	Brand
5210137	Fries Swt Potato 5/16"	6/2.5LB	McCain
1074682	Fries Thin S/Cut S/O 5/16 My Fries	6/4.5LB	Lamb Weston
5201667	Fries Wedge Cut Supercrisp Ppr Seas	6/5LB	McCain
3433667	Gel Treat Orng	48/4Z	Kozy Shack
1048404	Gravy Brn Inst Sodium Reduced	6/395G	Luda H
1048409	Gravy Poultry Inst Sodium Reduced	6/396GR	Luda H
3141277	Ham Deli Slcd Mainstreet Frsh	6/500G	Schneiders
5200097	Hashbrown Sup Patty Triangle	6/5LB	McCain
3404627	Honey Liq Ptn	140/14G	Kraft
2364307	Hot Choc Lite Inst Ptn 13G	4/50CT	Carnation
1079599	Juice Appl Calcium Pure Pet	24/300ML	Oasis
1108159	Juice Appl Grape Pet	24/300ML	Fairlee
1058920	Juice Appl Grape Tetra	30/200ML	Oasis
3122377	Juice Appl Recon Pet	24/300ML	Fairlee
3538897	Juice Appl Tetra	30/200ML	Oasis
8078777	Juice Orng Pet	24/300ML	Fairlee
3538867	Juice Orng Tetra	30/200ML	Oasis
1056902	Juice Tropical 7 Fruit Tetra	30/200ML	Oasis
1058922	Juice Tropical Passion Tetra	30/200ML	Oasis
1079601	Juice Wild Berries Pom Antioxia Pet	24/300ML	Oasis
1056903	Juice Wildberry Tetra	30/200ML	Oasis
3480197	Lard Tender Flake ZT	1/20KG	Bunge
3445247	Mayonnaise Light Real	2/3.78L	Kraft
1058552	Mayonnaise Ptn Calorie Wise	210/12ML	Kraft
3445797	Mayonnaise Real	2/3.78L	Kraft
3441257	Mayonnaise Rsvp	1/16L	RSVP
1077863	Meatloaf F/Ckd 90g Ptn Healthy	50/90G	Maple Leaf
3359737	Meat Loaf Right For You	4/1.5KG	Stouffers
3350757	Milk 2 Go Chillin' Choco	12/350ML	Dairyland
8192297	Milk 2 Go Choco	12/500ML	Dairyland
8192317	Milk 2 Go Strawb Splash	12/500ML	Dairyland
8192037	Milk Choc	16/1L	Dairyland
8192047	Milk Choc 20L	1/20L	Dairyland
1045389	Milk Choc Corrugate	24/250ML	Dairyland
8192407	Milk Choc Corrugate	12/500ML	Dairyland
1048489	Milk Choc Crtn	48/250ML	Dairyland
1048490	Milk Choc Crtn	28/500ML	Dairyland
8192097	Milk Choc Jug	4/4L	Dairyland
1073131	Muffin Batt Blueb Bran Health Smart	1/15LB	English Bay

Item #	Description	Pack Size	Brand
1073132	Muffin Batt Choc Chip Health Smart	1/15LB	English Bay
1073133	Muffin Batt Harvest Health Smart	1/15LB	English Bay
1073122	Muffin Batt Lemon Cranb Health Smart	1/15LB	English Bay
1058892	Munchems Brn Sgr Cinn	80/30G	Nutri Grain
3444357	Mustard Hny	2/3.7L	Litehouse
3480417	Non Stick Vegalene	6/14Z	Vegalene
3236007	Non Stick Vegalene Pump	6/16Z	Vegalene
3480427	Non Stick Waffle Off	6/14Z	Waffle Off
1003654	Non-Stick Pan Spray ZT	6/21Z	GFS
1030572	Oil Nutra Clr Buttery Style ZT	4/2.9L	Bungee
1019809	Omelette Prestige Cheddar	48/100GR	Naturegg
1019810	Omelette Prestige Western	48/100GR	Naturegg
1113161	Pasta Tortelloni Capelletti 5 Chs Whl Wht	1/5KG	Olivieri
1113164	Pasta Tortelloni Capelletti Whl Wht Beef Veg	1/5KG	Olivieri
3401567	Peanut Btr Lite Ptn	200/18G	Kraft
1012824	Pepperoni Veg Slcd Mt Free	3/1.52KG	Schneiders
5551017	Perogy Deli Tri Pk	3/60CT	Cheemo
5500467	Perogy Potato Ched Pre-Ckd 180Ct	1/5.5KG	Cheemo
5500457	Perogy Potato Ched Pre-Ckd 240Ct	1/5KG	Cheemo
5500507	Perogy Potato Ched Pre-Ckd 300Ct	4/5LB	Naleway
5500527	Perogy Potato Onion Pre-Ckd 180Ct	1/5.5KG	Cheemo
8009547	Perogy Potato Three Chs	1/5.5KG	Cheemo
5510217	Perogy Romano Bacon Pre-Ckd 180Ct	1/5.5KG	Cheemo
1041932	Perogy Spin/Feta	1/5.5KG	Cheemo
1027944	Pizza Cheese Deep Dish Mini 5.25	48/5.4Z	Sprazzo
1055369	Pollock Btd 2-3Z Ptn Beer Pub House	1/10LB	Trident
1032180	Potato Baby Rst Selects	6/4LB	McCain
5210127	Potato Mash Cntry Kitch	6/4LB	McCain
1016510	Quesadilla Breakfast	75/3.75Z	Michael Food
3220217	Relish Corn Swt	2/4L	Bicks
2400407	Salmon Burger 3.2Z Wild	1/10LB	Trident
3517047	Sauce Bbq Bulls Eye Orig Bold	2/3.78L	Kraft
3517057	Sauce Bbq Hny Garl Bonanza	2/3.78L	Bullseye
3517067	Sauce Bbq Orig	2/3.78L	Kraft
3567117	Sauce Bistro	4/1.36L	Kraft
1067993	Sauce Raging Buffalo Wing	2/3.78L	Bullseye
3517077	Sauce Tartar	2/3.78L	Kraft
1083743	Smoothie Essential Energy PET	6/325ML	Happy Planet
3571037	Smoothie Sunset Beach Strawb Pet	6/325ML	Happy Planet



Item #	Description	Pack Size	Brand
3401987	Spread Strawb Light Styl	200/12ML	Kraft
3505857	Square Rice Krispie Sing Serv 37Gr	4/20CT	Kelloggs
3043837	Syrup Van Sugar Free	2/750ML	Oscar
3529177	Treat Lemon Gel	48/113G	Kozy Shack
1434497	Turkey Brst Slcd Deli Mainst	6/500G	Schneiders
1042752	Wrap Butter Chix	1/24CT	Nana's
1041250	Yogurt Asst Fruit Van Fat Free	48/100G	Activia
8194147	Yogurt Blueb Stirred Swiss	12/175G	Dairyland
8194287	Yogurt Blueb Stirred Swiss	12/125G	Dairyland
1040740	Yogurt Fieldberry Stirred	6/650G	Dairyland
1037874	Yogurt Peach F/Free	6/650G	Dairyland
8194757	Yogurt Peach Fat Free	12/175G	Dairyland
8194137	Yogurt Peach Stirred Swiss	12/175G	Dairyland
8194277	Yogurt Peach Stirred Swiss	12/125G	Dairyland
1037875	Yogurt Plain Stirred	6/650G	Dairyland
1040211	Yogurt Raspb	6/650G	Dairyland
8194717	Yogurt Raspb Fat Free	12/175G	Dairyland
8194127	Yogurt Raspb Stirred Swiss	12/175G	Dairyland
8194267	Yogurt Raspb Stirred Swiss	12/125G	Dairyland
1036159	Yogurt Strawb	6/650G	Activia
1037871	Yogurt Strawb F/Free	6/650G	Dairyland
8194727	Yogurt Strawb Fat Free	12/175G	Dairyland
8194117	Yogurt Strawb Stirred Swiss	12/175G	Dairyland
8194247	Yogurt Strawb Stirred Swiss	12/125G	Dairyland
1036152	Yogurt Van	6/650G	Activia
1037870	Yogurt Van F/Free	6/650G	Dairyland
8195197	Yogurt Van Frnch Fat Free	12/175G	Dairyland

# Featured Items

<p style="text-align: center;"><b>Ecoware</b></p> <p style="text-align: center;">Wooden Cutlery</p> <p style="text-align: center;"><b>1040214 Fork</b> <b>1040221 Spoon</b> <b>1040219 Knife</b></p> <p style="text-align: center;"><i>Biodegradable &amp; compostable Landfill friendly Eliminates harmful plastic waste All natural birch</i></p>	<p style="text-align: center;"><b>Wysi Wipes</b></p> <p>Biodegradable bar wipes break down in 60 days in a composting environment.</p> <p style="text-align: center;"><b>1046950 Small Cloth Tablet</b> <i>Durable 9"x9" cloth with a tablespoon of liquid. Hypoallergenic, made of cellulose; no additives.</i></p> <p style="text-align: center;"><b>1046951 Large Cloth Tablet</b> <i>Industrial strength 17"x21" cloth. Rinse &amp; re-use - lasts for a couple of days.</i></p>
<p style="text-align: center;"><b>Kraft Foodservice</b></p> <p style="text-align: center;"><b>3401637 Peanut Butter Portion</b> <i>Individually portioned for portion control &amp; food safety</i></p> <p style="text-align: center;"><b>1000917 Boca Burger Meatless Patty</b> <i>Soy protein product. 87% less fat than ground beef.</i></p> <p style="text-align: center;"><b>1042551 PFLS Cranberry Citrus Oat Crunch</b> <i>0 trans fat. 0 cholesterol. Low in saturated fat.</i></p> <p style="text-align: center;"><b>1077850 PFLS Blueberry Brown Sugar w/Flax</b> <i>Source of fibre and Omega-3 polyunsaturated fat</i></p> <p style="text-align: center;"><b>1067960 Mandarin Orange Sesame Dressing</b> <i>Versatile for salads or stirfrys. Low in saturated fat.</i></p>	<p style="text-align: center;"><b>Maple Leaf Foodservice</b></p> <p style="text-align: center;"><b>1077863 Fully Cooked Meatloaf</b> <i>Portioned sizing. Fully cooked. Tender &amp; moist.</i></p> <p style="text-align: center;"><b>1961067 Shopsy Regular Hotdog</b> <i>Chicken &amp; beef recipe. Portioned. Fully cooked.</i></p> <p style="text-align: center;"><b>1098884 Multigrain Chicken Nuggets</b> <i>All breast meat. Low in fat. Source of Omega 3 and fibre.</i></p> <p style="text-align: center;"><b>1121047 Meatballs 10g</b> <i>Versatile product - use on a skewer, with pasta, on a sub.</i></p> <p style="text-align: center;"><b>1027714 Healthy Selections Chicken Thigh</b> <i>Low in sodium. Less than 30% calories from fat.</i></p>

## Happy Planet

Happy planet smoothies are free of artificial flavours & preservatives, and are a great source of vitamins. Zero trans fat

### Choose Most

**3571127 Extreme Green Smoothie**

Source of Vitamin A & iron.

**1031982 Extreme Purple Smoothie**

Source of anti-oxidants. 100 calories/bottle.

**3571077 Abundant C Smoothie**

Source of Vitamin C. 100 calories/bottle.

### Choose Sometimes

**1083743 Essential Energy Smoothie**

Source of Vitamin C. Contains Yerba Mate.

**3571037 Sunset Beach Strawberry Smoothie**

Source of Potassium.

## Kellogg's

### Choose Most

**1058890 Kashi Chewy Granola Bar**

All natural ingredients. 7g protein, 4g fibre, 5g sugar.

**3181547 Vector Meal Replacement Cereal**

Source of 19 vitamins & minerals. Crunchy flakes & granola clusters.

### Choose Sometimes

**1097712 All Bran Bar Oatmeal Cinnamon**

**1097720 All Bran Bar Chocolate Chip**

2 New flavours! 4g of fibre, trans fat free, low in saturated fat.

**3505857 Rice Krispies Squares Bars**

Classic snack. 37g serving size meets the iron criteria for the healthy guidelines.

## Sunrise Soya Foods

These items are cholesterol free, low in fat, and a great source of protein & calcium. No trans fat & no preservatives added.

### Choose Most

**3253617 Extra Firm Tofu**

**4210937 Medium Firm Tofu**

**3333847 Original Dessert**

**9216167 Pete's T2G Sesame Ginger**

## JD Sweid

### Choose Most

**1000447 Veggie Sensation Patty**

No soy; brown rice is used as the base.

### Choose Sometimes

**3157707 Seasoned Chicken Breast**

Fully cooked with char marks for visual appeal.

**1016811 GFS Chicken Strip 90-105ct**

Low calories, low in fat. Par-cooked in trans fat free oil.

**1560057 Dino Nuggets**

Breaded breast nuggets in a dinosaur shape - great for kids!

**1064640 Classic Choice Burger 75g**

Zero trans fat. Low in sodium. High in protein.

## Aquastar

Choose Most  
**Japanese Flying Squid**

**1093832 Ring 5-8**  
**1093831 Ring & Tent 5-8**  
**1093830 Tube 5-8**  
**1093829 Tube & Tent 5-8**  
**1093833 Tube & Tent 5-8 S/On**

*Excellent presentation value & flavour profile.*

## Trident Seafoods

Choose Most  
**1015300 Redi Grilled 4oz Alaskan Salmon**  
*High in protein & Omega-3's.*  
**1055370 Low-Fat Breaded Alaskan Pollock**  
*3.6oz portion. Made to be baked, not fried.*

Choose Sometimes  
**1037133 Baja Fish Sticks 1oz**  
*A 4 stick serving has 15g of protein, zero trans fat & only 240 calories!*  
**2400407 Alaskan Salmon Burger 3.2oz**  
*Made with the finest wild, ocean-caught Alaskan Salmon.*  
**1055369 Pubhouse Battered Pollock 2-3oz**  
*Zero trans fat. Bake in the oven - no fryer needed!*

## Naleway

Choose Sometimes  
**5500507 Potato & Cheddar Perogy**  
*Zero trans fat. Made with real potato.*

## Teeny Foods

Choose Sometimes  
**5513667 Garlic Breadstick**  
*Serve with hummus or tzatziki for a delicious snack.*

## T.H.E. Food Source

Choose Most  
**1016342 Traditional Yorkshire Pudding**  
**8008777 Mini Yorkshire Pudding**  
*Zero trans fat. Perfect portion size. Frozen & ready to serve.*

*More feature items on the next pages...*



**Guidelines for  
Food and Beverage Sales  
in BC Schools**

**Ministry of Education  
&  
Ministry of Health**

**Revised  
September 2007**



**ActNowBC**

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## Overview

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Schools in British Columbia are at the forefront of creating healthy eating environments. The sale of junk-food is steadily being replaced with healthy food and beverage choices in school vending machines, cafeteria, stores, and school fundraisers.

The 2007 update to the *Guidelines for Food and Beverage Sales in BC Schools* (2005 Guidelines) strengthens BC's commitment to providing a healthy eating environment for students. The former implementation date of 2009 has been accelerated to 2008. The revised Guidelines also contain stricter nutrition criteria for the consumption of calories, fat, salt, and sugar to support making food and beverage choices in BC schools the healthiest in North America.

## Background

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In November of 2005, the Ministries of Health and Education published the *Guidelines for Food and Beverage Sales in BC Schools*, with the instruction to schools to implement these Guidelines fully by 2009. The 2005 Guidelines reflected BC's commitment to health and education. The 2005 Guidelines recognized four key facts:

- Students, on an average school day, consume about one-third of their calories at school, and a significant amount of that is purchased on site;
- Good nutrition is important for healthy growth and development in childhood and can reduce the risk of health problems in later years;
- Healthy children learn better; and
- Schools can directly influence students' health.

Provincial Nutritionist Lisa Forster-Coull and other BC Registered Dietitians developed the 2005 Guidelines with input from parents, teachers, school trustees, administrators, physicians, dental hygienists, and school food and beverage suppliers.

The 2005 Guidelines were also informed by a province-wide study<sup>1</sup> of school food sales and policies conducted in the Spring of 2005. This study found that the foods and drinks sold in schools tended to be high in calories and low in nutrients. The study also found that things were improving. At the time, more than 50 percent of BC schools taking part in the study had already implemented one or more nutrition-related policy, and more than 80 percent of reporting districts had a district-wide nutrition policy in place, under development, or planned. A Spring 2007 survey was carried out to assess change since the 2005 survey and the implementation of the *Guidelines for Food and Beverage Sales in BC Schools*.

The 2005 Guidelines provided BC schools with a nutrition standard, reducing the ambiguities in deciding "what is a healthy food?" Vendors started using the 2005 Guidelines to change the contents sold in vending machines, parent groups began to use the Guidelines to change the menus for student lunches, and school stores began shifting to healthier stock-lists.

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<sup>1</sup> Findings from the study are presented in the *School Food Sales and Policies Provincial Report*. The report is available online at [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

## Rationale for 2007 Revisions

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Since the Guidelines were published in November 2005, new federal standards for food and beverages served to children and youth have been developed. The Ministries of Education and Health have revised the 2005 Guidelines to reflect these new standards. These revisions include:

- Aligning with *Canada's Food Guide (2007)* which recommends much lower fat, salt, and sugar consumption for persons over the age of two;
- Reflecting the knowledge gained since mandatory nutrition labeling came into effect;
- Eliminating the *Choose Least* food and beverage options which could previously make up 10 percent of products offered; effectively eliminating sales of all diet beverages from Elementary and Middle schools, most fries, and highly salted, sweetened and processed products; and
- Adopting stricter criteria for fat, salt, and sugar in the *Choose Most* and *Choose Sometimes* categories, thereby eliminating sales of chips moderately high in fat or salt, high sugar energy bars and a few other products.

## 2007 Revisions

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As with the 2005 Guidelines, the 2007 revised Guidelines apply to all food and beverages sold to students in all school locations and events, including vending machines, school stores, cafeterias, and fundraisers. See Table 1 for a summary of the 2007 Guidelines.

There are two key changes for all schools to note:

- The timeline for full implementation has been moved forward to 2008; and
- ***Not Recommended* and *Choose Least*** foods must be eliminated from sales in
  - Elementary Schools by January 2008, and
  - Middle and Secondary Schools by September 2008.

Although the revised Guidelines continue to use the same categories (*Choose Most*, *Choose Sometimes*, *Choose Least*, and *Not Recommended*) there have been changes in the ingredient and nutrient criteria. Some of these changes include:

- Removing artificially sweetened items from Elementary and Middle schools due to an increase in the number of products containing these ingredients and a broadly expressed desire to minimize children's consumption of these products outside of parental supervision;
- Redefining vegetable and fruit juices and other beverages to reflect the growing number of choices available; and
- Aligning with new evidence as outlined in *Canada's Food Guide (2007)*, limiting fat and sodium content in most food groupings to deal with a number of fatty and salty snacks previously permitted under the 2005 Guidelines.

Table 1

<b>2007 Guidelines Summary</b>			
<b><i>Not Recommended</i></b>	<b><i>Choose Least</i></b>	<b><i>Choose Sometimes</i></b>	<b><i>Choose Most</i></b>
These items (including candies and drinks where sugar is the first ingredient, or the second ingredient after water) tend to be highly processed, or have very high amounts of sweeteners, salt, fat, trans fat, or calories relative to their nutritional value.	These items (such as french fries) tend to be low in key nutrients such as iron and calcium or may be highly salted, sweetened, or processed.	These items (such as flavoured yogurts) tend to be nutritious but moderately salted, sweetened, or processed.	These items (including whole grain breads and fresh vegetables) tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed.
<b>These food and beverage items <u>must</u> be eliminated from school sales by 2008.<sup>2</sup></b>	<b>These food and beverage items <u>must</u> be eliminated by 2008.<sup>3</sup></b>	<b>These food and beverages <u>can</u> account for up to 50% of total food and beverage items sold in BC schools by 2008.<sup>4</sup></b>	<b>These food and beverages <u>must</u> account for 50% or more of food and beverages sold in BC Schools by 2008.<sup>5</sup></b>

## Nutrition Criteria

The 2007 Guidelines provide detailed criteria to clarify where specific food items fit (“Nutrition Criteria for Each Food Grouping”, pages 6-18). Potato chips for example could fit in any of the four categories, depending on their nutritional value:

- *Choose Most* potato chips have less than 5 grams of fat and less than 150 mg of sodium per serving. This is consistent with recommendations in Canada’s Food Guide which emphasizes limiting added sodium and fat;
- *Choose Sometimes* potato chips also have less than 5 grams of fat, but the sodium content is between 150-300 mg of sodium;
- *Choose Least* potato chips are higher in fat (5–14.9 grams) or in sodium (300-450 mg); and
- *Not Recommended* potato chips are those with 15 grams or more of fat, or more than 450 mg of sodium, or more than .02 grams of trans fats.

<sup>2</sup> To be eliminated from Elementary school sales effective January 1, 2008; to be eliminated from Middle and Secondary school sales effective September 1, 2008.

<sup>3</sup> To be eliminated from Elementary school sales effective January 1, 2008; to be eliminated from Middle and Secondary school sales effective September 1, 2008.

<sup>4</sup> Elementary schools effective January 1, 2008; Middle and Secondary schools effective September 1, 2008.

<sup>5</sup> Elementary schools effective January 1, 2008; Middle and Secondary schools effective September 1, 2008.

Appendix A provides further information and resources to help users understand how to read ingredient lists and nutrition labels. While foods meeting both the *Choose Least* and *Not Recommended* criteria cannot be sold in schools effective 2008, they have not been collapsed into one *Not Recommended* category for the purpose of assisting schools and parents in making healthier choices in situations where food and beverages are provided to students but not 'sold' to students.

While the criteria were developed to guide decisions about food and beverages sold to students, the criteria may also be used to guide decisions about food and beverages used at school ceremonies and celebrations. For example, *Choose Least* items would be better choices than *Not Recommended* items when food and beverages are provided and not sold.

## Goal

---

The goal of the Guidelines is to improve the choices offered within the school setting so that it is easy for students to make healthy choices on a routine basis. The food environment influences our purchasing and consumption habits. The Guidelines provide schools, and food/beverage providers within schools, with a standard for decision-making.

## Minimum Standards

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By September 2008, all schools and districts will be required to ensure that of the food and beverage items sold in schools:

- At least 50 percent are in the *Choose Most* category;
- Up to 50 percent (maximum) are in the *Choose Sometimes* category; and
- *Choose Least* and *Not Recommended* items are no longer sold to students.

Under the Guidelines, a school menu board that has ten items listed must list a minimum of five products from the *Choose Most* category, and a maximum of five *Choose Sometimes* products. Products from the *Choose Least* and *Not Recommended* group would not be listed on the menu board and would not be sold to students.

Under the Guidelines, two vending machines with ten slots each could have a maximum of ten slots providing *Choose Sometimes* and a minimum of ten slots with *Choose Most* products.

- "At least 50 percent" refers to the number of offerings, not the total sales.

- These Guidelines apply to all vending, school stores, cafeteria and fundraising sales of food and beverages in the school setting.

### The Checkmark System ✓

In an effort to assist students in making informed choices about nutrition, the report recommends schools and school districts implement a checkmark system at the point of sale, such as on the front of vending machines' slots or on food menu boards.

Checkmarks ✓ are universal symbols of excellence. In the school food context, checkmarks may be interpreted by students as identifying choices for their learning and health.

For example:

- ✓✓ *Choose Most* foods may be symbolized by two checkmarks.
- ✓ *Choose Sometimes* foods by one checkmark.

The checkmarks ✓ can be used to draw a student's attention to

healthier choices. If these symbols are used, it is important that they are used correctly. *Choose Least* and *Not Recommended* items sold in the

school setting (to August 31, 2008) should not be identified with any checkmark.

## Implementation

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Schools and districts are encouraged to continue working with students, teachers, parents, and others to develop strategies for implementing these Guidelines and meeting the minimum standards. Many schools have found the following four-step approach effective in promoting healthy eating environments:

1. Develop partnerships with key stakeholders, including students, teachers, parents, public health professionals, caterers, and vendors to determine the best ways to promote healthier choices in the school environment.
2. Develop policies to influence such things as the types of food sold on site and the types of food sold at fundraising events. Involve students and parents in policy making and communicate the policies effectively.
3. Develop transition plans to guide the change process and give all affected parties time to adapt.
4. Develop and implement marketing mechanisms to further encourage healthy choices. Marketing mechanisms may include such things as making healthier choices more plentiful, more visible and less expensive, compared to their less healthy counterparts.

Appendix B provides a more detailed overview of this approach to implementation.

For additional resources, visit the Ministry of Education's Healthy Schools' website: [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm) .

For additional support with nutrition information, call Dial-A-Dietitian, toll free, at 1-800-667-3438 (In Greater Vancouver, call 604-732-9191), or contact your local Community Nutritionist.

**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Grains</b> Grains must be the first or second ingredient (not counting water) Grain ingredients may include: - flours made from wheat, rye, rice, potato, soy, millet, etc. - rice, pasta, corn, amaranth, quinoa, etc</p>	<p>Some seasoned breads, commercial pancakes, biscuits, etc Very high fat/sugary/salty baked goods like some crackers, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, and croissants Some sugary cereals Most seasoned noodle or rice mixes Most saltier grain and corn snacks, baked or fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)</p>	<p>Most loaves, muffins, cakes, cookies, squares, doughnuts, pastries, danishes, and croissants Some higher fat crackers Some sugary cereals Some instant noodle or rice mixes (not enriched or containing fats) Most pasta salads Most bags of grain and corn snacks, especially if deep-fried (cereal mix, wheat chips, tortilla chips, popcorn, cheesies, etc)</p>	<p>Many enriched breads, buns, bagels, tortillas, English muffins, pancakes, etc Some small baked lower fat items such as loaves, muffins, or crackers Most pastas (including those with added egg, spinach or tomato) Most cereals Some pasta salads with very little dressing Other rice, rice noodles, and wraps Very few lower fat grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc)</p>	<p>Many whole grain breads, buns, bagels, tortillas, English muffins, pancakes, etc Some small baked lower fat items with whole grains, fibre, fruit or nuts, such as loaves, muffins, or crackers Some whole grain cereals, cereals with fibre, fruit, or nuts Most whole grain pastas Brown/wild rice Very few whole grain and corn snacks (cereal mix, wheat chips, tortilla chips, popcorn, etc)</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b> Calories: more than 400 Fat: 15 g or more Saturated fat: more than 5 g Trans fat: 0.2 g or more Sodium: more than 450 mg Sugars: more than 28 g Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the</b> Not Recommended criteria <b>AND has ANY of the following:</b> Calories: 300-400 Fat: 7-14.9 g Saturated fat: 3-5 g Sugars: 16.1 - 28 g Iron: 5% DV (0.7 mg) or less Sugars: are first ingredient Artificial Sweeteners are present (Elementary and Middle schools only) Caffeine: 15.1 - 25 mg</p>	<p><b>ANY item that passes the</b> Not Recommended and Choose Least, but does not pass the Choose Most criteria May contain artificial sweeteners (Secondary schools only)</p>	<p><b>ANY item that passes the</b> Not Recommended and Choose Least criteria <b>AND has ALL of the following:</b> Fibre: 2 g or more Sugars: may have 12-16 g sugars IF fruit is the first or second ingredient Iron: 10% DV (1.4 mg) or more Does not contain artificial sweeteners</p>

Foods high in starches and sugars (natural or added) can leave particles clinging to teeth and put dental health at risk.

Grain choices of particular concern include some cereals, granola bars, crackers, cookies and chips (corn, wheat, rice, etc).

The BC Dental Public Health Committee suggests eating these clingy foods only at mealtimes, and choosing at snack time grain choices that clear quickly from the mouth.

For more information on how food and beverage choices can affect dental health, see [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

**Allergy awareness: these guidelines are not intended to address food allergy concerns in schools.**

**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Vegetables &amp; Fruit</b> A vegetable or fruit or fruit puree must be the first or second ingredient, not counting water. <i>(Juice and concentrated fruit juice does not count as a fruit ingredient for this food grouping - see "Vegetable &amp; Fruit Juices")</i></p>	<p>Pickles (see Condiments &amp; Add Ins Food Grouping) Most fries: if moderately salted, or if fried in fat containing trans fat Most candy and chocolate or 'yogurt' coated fruit Most fruit gummies (<i>note that concentrated fruit juice is considered an added sugar when it is not preceded by water in the ingredient list</i>) Most potato/vegetable chips, especially saltier flavours Some fruit chips (baked or fried)</p>	<p>Some canned vegetables, including regular sauerkraut Some fries: some small portions of deep fried potatoes, may be lightly salted Coated/breaded and deep fried vegetables Most jarred salsa (sodium) Some fruit gummies with pureed fruit as first ingredient Most fried fruit chips</p>	<p>Most fresh/frozen/dried vegetables and fruit, raw, cooked, moderately seasoned/dressed Most canned vegetables in broth Fruit canned in light syrup Fries: some baked frozen fries (without trans fats), may be very lightly salted Vegetables, breaded and baked Some lower sodium jarred salsa Some sweetened baked fruit slices Some fruit gummies with pureed fruit as first ingredient Some potato/vegetable chips, very lightly salted, baked</p>	<p>Most fresh/frozen/dried vegetables and fruit, raw, cooked, very lightly seasoned/dressed Canned vegetables or fruits (in water, juice) Some frozen fruit bars made with pureed fruit Some baked fruit slices</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b> Fat: 15 g or more Trans fat: 0.2 g or more Sodium: more than 450 mg Sugars: are first ingredient Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the</b> Not Recommended criteria <b>AND has ANY of the following:</b> Calories: more than 250 Fat: 5-14.9 g Sodium: between 300-450 mg Sugars: both the second and third ingredients are sugars Caffeine: 15.1 - 25 mg Artificial Sweeteners are present (Elementary and Middle schools only)</p>	<p><b>ANY item that passes the</b> Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria  May contain artificial sweeteners (Secondary schools only)</p>	<p><b>ANY item that passes the</b> Not Recommended and Choose Least criteria <b>AND has ALL of the following:</b> Sodium: less than 150 mg Sugars: are not the second ingredient Does not contain artificial sweeteners.</p>
<p>Foods high in sugars and starches (natural or added) can leave particles clinging to teeth and put dental health at risk. Vegetable/fruit choices of particular concern include fruit leathers, dried fruit, and chips (potato or other). The BC Dental Public Health Committee suggests eating these clingy foods only at mealtimes, and choosing at snack time foods that clear quickly from the mouth, such as fresh/canned/frozen vegetables or fruit (raw or cooked). For more information on how food and beverage choices can affect dental health, see <a href="http://www.bced.gov.bc.ca/health/health_publications.htm">www.bced.gov.bc.ca/health/health_publications.htm</a></p> <p align="center"><b>Allergy awareness: these guidelines are not intended to address food allergy concerns in schools.</b></p>				

**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Vegetable &amp; Fruit Juices</b> A vegetable or fruit juice or puree must be the first ingredient (not counting water):</p> <ul style="list-style-type: none"> <li>- may be diluted with water or carbonated water</li> <li>- may have added food ingredients, e.g. Fruit pulp, fruit puree</li> <li>- may not be fortified with vitamins other than Vitamin C, or with minerals other than calcium.</li> <li>- some non-medicinal ingredients and herbs may not be acceptable. Check with Dial-A-Dietitian for safety in children.</li> </ul>	<p>Most “drinks”, “blends”, “cocktails”, “splashes” and “beverages” (if sweetened with added sugars) Most fruit smoothies made with any Not Recommended ingredients Slushy drinks and frozen treats with added sugars (see “Candies, Chocolates, etc” food grouping) Juice drinks with added caffeine, guarana or yerba</p>	<p>Some nectars or juice blends Most regular tomato juice Most regular vegetable juice Most fruit smoothies made with any Choose Least ingredients Slushy drinks and frozen treats made with concentrated juice Artificially sweetened juice drinks (Elementary/Middle schools)</p>	<p>100% juice, may be from concentrate (fruit, vegetable, or combination) Some lower sodium tomato and vegetable juices Diluted or sparkly juice drinks, no added sugars (only Secondary schools may have artificial sweeteners) Most fruit smoothies made with any Choose Sometimes ingredients Slushy drinks and frozen treats made with Choose Sometimes items (note that <i>concentrated fruit juice is considered an added sugar when it is not preceded by water in the ingredient list</i>)</p>	<p>None</p>
<p><b>Nutrition Criteria</b></p> <ul style="list-style-type: none"> <li>- may be artificially sweetened in Secondary schools only</li> </ul>	<p><b>ANY of the following:</b> Juice content: less than 50% AND has added sugars Size: more than 600 mL Trans fat: 0.2 g or more Sodium: more than 450 mg Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the Not Recommended criteria</b> <b>AND has ANY of the following:</b> Size: 361-600 mL Juice content: 50% or more AND has added sugars Concentrated fruit juice is first ingredient for slushies Fat: more than 5 g Caffeine: 15. 1-25 mg Artificial Sweeteners are present (Elementary and Middle schools only) <b>AND ANY item that passes the Not Recommended criteria, but does not pass the Choose Sometimes criteria</b></p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria</b> <b>AND has:</b> Sodium: less than 200 mg No added sugars Caffeine: 15 mg or less Size: 250 mL or less for Elementary schools only May contain artificial sweeteners (Secondary schools only)</p>	<p>No criteria</p>

The BC Dental Public Health Committee recommends choosing plain water more often than juice. 100% juice and other fruit drinks contain sugars and acids (natural or added) that dissolve tooth enamel when sipped frequently. To avoid prolonged exposure to these sugars and acids, they suggest that only plain water be allowed in classrooms except at designated eating times. For more information on how food and beverage choices can affect dental health, see [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

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**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Milk-based Foods</b> Milk must be the first ingredient; cream is NOT considered a milk ingredient</p>	<p>Most cream cheese and light cream cheeses and spreads Some candy flavoured ice creams and frozen yogurt Frozen 'yogurt' not based on milk ingredients (see "Candies, Chocolates, etc" food grouping) Most regular sized sundaes Most frozen novelties</p>	<p>Some higher fat cheeses Most processed cheese slices and spreads Some puddings/custards, etc. Some ice milks, ice creams, and frozen novelties Most cottage cheese</p>	<p>Some processed cheese slices Most flavoured yogurts Yogurt with artificial sweeteners (Secondary schools only) Many puddings/custards Pudding/custards/ice milk bars with artificial sweeteners (Secondary schools only) Small portions of some ice milks and frozen yogurts – simply flavoured</p>	<p>Most regular and light cheeses, cheese strings (unprocessed) Plain yogurt Some flavoured yogurts Some puddings/custards</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b> Calories: more than 400 Fat: more than 20 g Trans fat: 0.4 g or more, per 8 g of protein Sodium: more than 450 mg Sugars: are the first ingredient Calcium: less than 4% DV (44 mg) Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the Not Recommended criteria</b> <b>AND has ANY of the following:</b> Calories: 250 - 400 Fat: 15 - 20 g Sugars: 36 g or more per 175 mL Calcium: 5% DV or less for every 100 mg sodium Caffeine: 15.1 - 25 mg Artificial Sweeteners are present (Elementary and Middle schools only)</p>	<p><b>AND any item that passes the Not Recommended, and Choose Least criteria, but does not pass the Choose Most criteria</b>  May contain artificial sweeteners (Secondary schools only)</p>	<p><b>ANY item that passes the Not Recommended, Choose Least, and Choose Sometimes criteria,</b> <b>AND has ALL of the following:</b> Sodium: less than 300 mg Sugars: 20g or less per 175 mL Does not contain artificial sweeteners</p>

**Allergy awareness: these guidelines are not intended to address food allergy concerns in schools.**

**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Milk - &amp; Alternatives-based Beverages</b> Milk must be the first ingredient; cream is NOT considered a milk ingredient. However, <i>fortified</i> soy drinks contain protein and calcium and may be assessed in this food grouping. See "Other Beverages" for other <i>fortified</i> drinks (e.g. rice, potato based) and <i>non-fortified</i> soy drinks.</p>	<p>Most egnogs Regular tea/coffee lattés Some blended sweetened coffee drinks Most hot chocolate mixes made with water (see also "Other Beverages")</p>	<p>Most candy flavoured milks Some decaf blended sweetened coffee drinks Smoothies made with Choose Least ingredients</p>	<p>Most basic flavoured milks and fortified soy drinks Yogurt drinks Some decaf flavoured tea/coffee lattés (eg. Chai, caramel) Smoothies made with Choose Sometimes ingredients Some egnogs if lower in sugar Most hot chocolates made with milk Most artificially sweetened milk drinks (Secondary schools only)</p>	<p>Plain, unflavoured milk and fortified soy drinks Many milks modified with fatty acids Decaf unsweetened tea/coffee lattés Smoothies made with Choose Most ingredients Some hot chocolates made with milk and very little added sugar</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b> Size: more than 600 mL Calories: more than 600 Fat: more than 15 g per 250 mL Trans fat: more than 0.4 g per 250 mL Sodium: more than 450 mg Sugars: are the first ingredient Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the Not Recommended criteria</b> <b>AND has ANY of the following:</b> Size: 361-600 mL first ingredient is not a milk ingredient Calories: 400 - 600 Fat: 10 - 15 g per 250 mL Sugars: more than 36 g per 250 mL Artificial Sweeteners are present (Elementary and Middle schools only) Caffeine: 15.1 - 25 mg</p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria</b>  May contain artificial sweeteners (Secondary schools only)</p>	<p><b>ANY item that passes the Not Recommended, Choose Least, and Choose Sometimes criteria, AND has ALL of the following:</b> Sodium: less than 200 mg Sugars: 20 g or less per 250 mL (if fortified soy drink, 8 g or less per 250 mL) Size: 250 mL or less in Elementary schools Does not contain artificial sweeteners</p>

To avoid prolonged exposure to the added sugars found in sweetened milk beverages, the BC Dental Public Health Committee suggests that only plain water be allowed in classrooms except at designated eating times. For more information on how food and beverage choices can affect dental health, see [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

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**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Meat &amp; Alternatives</b> A meat or meat alternative must be the first or second ingredient (excluding nuts and seeds*).</p> <p>Meat and meat alternatives include: beef, pork, poultry, fish, game meats, eggs, soybeans, legumes, tofu.</p> <p><i>*See the "Nuts &amp; Seed Mixes or Bars" category for guidelines on these items.</i></p>	<p>Many products deep fried in hydrogenated or partially hydrogenated oils or in vegetable shortening</p> <p>Some wieners with more filler than meat</p> <p>Some heavily seasoned chicken or tuna salads</p> <p>Most jerky</p>	<p>Many cold cuts and deli meats (deli chicken, deli beef, pepperoni, bologna, salami, etc) if high in salt</p> <p>Some seasoned chicken or tuna salads</p> <p>Some breaded and fried chicken/fish/meat</p> <p>Most regular wieners, sausages, smokies, bratwurst</p> <p>Fattier pepperoni/chicken sticks</p> <p>Some jerky</p>	<p>Some marinated poultry</p> <p>Some fish canned in oil</p> <p>Marbled or fatty meats</p> <p>Some deli meats if not too salty</p> <p>Some chicken or tuna salads, lightly seasoned</p> <p>Some breaded and baked chicken/fish/meat</p> <p>Some lean wieners, sausages</p> <p>Lean pepperoni/chicken sticks</p> <p>Some jerky, lightly seasoned</p> <p>Some egg or legume salads, lightly seasoned</p> <p>Some dessert tofus</p> <p>Some refried beans</p>	<p>Chicken, turkey</p> <p>Fish, seafood, fresh or canned in water/broth</p> <p>Lean meat (beef, bison, pork, lamb)</p> <p>Lean game meats and birds (venison, moose, duck, etc)</p> <p>Some chicken salads if lower salt</p> <p>Eggs and some egg salads</p> <p>Some lean wieners if lower salt</p> <p>Jerky (plain)</p> <p>Tofu</p> <p>Most legume salads if lower salt</p> <p>Dal</p> <p>Falafel</p> <p>Some refried beans</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b></p> <p>Calories: more than 400</p> <p>Fat: more than 20 g</p> <p>Saturated fat: more than 10 g</p> <p>Trans fat: 0.4 g or more, per 8 g of protein</p> <p>Sodium: more than 600 mg</p> <p>Iron: less than 1% DV (0.14 mg)</p> <p>Artificial Sweeteners are present (Elementary and Middle schools only)</p> <p>Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the Not Recommended criteria</b></p> <p><b>AND has ANY of the following:</b></p> <p>Fat: more than 16 g per 60 g portion</p> <p>Saturated fat: 8 - 10 g</p> <p>Sodium: 451-600 mg</p> <p>Protein: 5 g or less</p> <p>Artificial Sweeteners are present (Secondary schools only)</p> <p>Caffeine: 15.1-25 mg</p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria but does not pass the Choose Most criteria</b></p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria</b></p> <p><b>AND has ALL of the following:</b></p> <p>Fat: less than 12 g per 60 g portion</p> <p>Saturated fat: less than 5 g</p> <p>Sodium: less than 375 mg</p> <p>Sugars: no more than 1 g per gram of protein</p> <p>Iron: 3% DV or more (.42 mg)</p>

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**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Nuts &amp; Seeds (Mixes or Bars)</b> Peanuts, nuts or seeds must be the first or second ingredient.</p>	<p>Most chocolate or 'yogurt' covered nuts</p>	<p>Some salty or sugary nut/seed bars and mixes (e.g. sesame snap bars)</p>	<p>Nuts/seed bars and mixes with nuts/seeds or fruit as the first ingredient; may contain candy, 'yogurt', or chocolate if sugars are not the second and third ingredients</p>	<p>Nut/seed bars and mixes with nuts/seeds or fruit as first ingredient, and no candies or chocolate Peanut butter and other nut/seed butters, e.g. tahini</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b> Calories: more than 400 Trans fat: 0.2 g or more Sodium: more than 450 mg Sugars: are the first ingredient AND item has more than 250 calories Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the Not Recommended criteria AND has ANY of the following:</b> Calories: 300 – 400 Sodium: 300 – 450 mg Sugars: are the first ingredient AND item has 250 or fewer calories Sugars: are more than 10 g AND fruit is not the first or second ingredient (<i>count all nuts/seeds listed consecutively as a single ingredient</i>) Artificial Sweeteners are present (Elementary and Middle schools only) Caffeine: 15.1-25 mg</p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria but does not pass the Choose Most criteria</b>  May contain artificial sweeteners (Secondary schools only)</p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria AND has ALL of the following:</b> Sodium: less than 200 mg Sugars: are neither the first nor second ingredient Sugars: are not both the second and third ingredient Does not contain artificial sweeteners</p>
<p>Nut and seed mixes or bars containing dried fruit, sugars, crackers or other sugars/starches (natural or added) can leave particles clinging to teeth and put dental health at risk. The BC Dental Public Health Committee suggests eating these clingy foods only at mealtimes, and choosing at snack time foods that clear quickly from the mouth, such as plain nut/seed choices (may be savory seasoned).</p> <p>For more information on how food and beverage choices can affect dental health, see <a href="http://www.bced.gov.bc.ca/health/health_publications.htm">www.bced.gov.bc.ca/health/health_publications.htm</a></p> <p><b>Allergy awareness: these guidelines are not intended to address food allergy concerns in schools.</b></p>				

**2007 Guidelines for Food and Beverage Sales in BC Schools  
Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Mixed Entrée Foods</b></p>	<p>Some pizzas, e.g. with double cheese</p> <p>Some pastry based pizza pockets</p> <p>Some meat pot pies</p> <p><i>Note: Some trans fats occur naturally in meats like beef, lamb, goat, deer, moose, elk, and buffalo</i></p>	<p>Most sandwiches made with deli or processed meats</p> <p>Some pizzas, e.g. meat lovers</p> <p>Some pastry based pizza pockets</p> <p>Most meat pot pies</p> <p>Most stir fries if made with salty sauces</p> <p>Some sausage/vegetable rolls</p> <p>Some pasta with a cream based sauce</p> <p>Most frozen entrees unless lower in sodium</p>	<p>Most sandwiches, short (e.g. 10 cm) submarine sandwiches, and burgers made with lean meats (turkey, chicken, beef) and plenty of vegetables and whole grain breads/buns</p> <p>Some pizzas with vegetables</p> <p>Some stews, chillies, curries, lower sodium, if served with a grain food</p> <p>Some meat/tofu and vegetable stir fries served on rice, if sauce is lower in sodium</p> <p>Pilaf (with vegetables)</p> <p>Most pasta with vegetable based sauce (may have meat)</p> <p>Burritos (bean or meat)</p> <p>Soft tacos filled with Choose Most ingredients</p> <p>Falafel in pita with tomatoes and tzatziki</p> <p>Some low sodium frozen entrees</p>	<p>Most sandwiches, short (e.g. 10 cm) submarine sandwiches, and burgers made with lean meats (turkey, chicken, beef) and plenty of vegetables and whole grain breads/buns</p> <p>Some pizzas with vegetables</p> <p>Some stews, chillies, curries, lower sodium, if served with a grain food</p> <p>Some meat/tofu and vegetable stir fries served on rice, if sauce is lower in sodium</p> <p>Pilaf (with vegetables)</p> <p>Most pasta with vegetable based sauce (may have meat)</p> <p>Burritos (bean or meat)</p> <p>Soft tacos filled with Choose Most ingredients</p> <p>Falafel in pita with tomatoes and tzatziki</p> <p>Some low sodium frozen entrees</p>
<p><b>Nutrition Criteria</b></p> <p><i>Schools should ask caterers and suppliers for items that meet the Choose Most and Sometimes criteria.</i></p> <p><i>Note: for Mixed Entrée items that do not have Nutrition Facts tables (eg. meals from small caterers) please use the "Healthier Foods Fact Sheet" on the bced website as a guide</i></p>	<p><b>ANY of the following:</b></p> <p>Calories: more than 1,000</p> <p>Fat: more than 25 g</p> <p>Saturated fat: 12 g or more</p> <p>Trans fat: 0.4 g or more, per 8 g of protein</p> <p>Sodium: more than 1,200 mg</p> <p>Iron: less than 5% DV (0.7 mg)</p> <p>Artificial Sweeteners are present (Elementary and Middle schools only)</p> <p>Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the</b> Not Recommended criteria</p> <p><b>AND has ANY of the following:</b></p> <p>Calories: 700 - 1,000</p> <p>Fat: 16.1 - 25 g</p> <p>Saturated fat: 8 - 11.9 g</p> <p>Sodium: 1,000 - 1,200 mg</p> <p>Sugars: more than 24 g</p> <p>Artificial Sweeteners are present (Secondary schools only)</p> <p>Caffeine: 15.1 - 25 mg</p>	<p><b>ANY item that passes the</b> Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria</p>	<p><b>ANY item that passes the</b> Not Recommended, and Choose Least criteria</p> <p><b>AND has ALL of the following:</b></p> <p>Ingredients: contains at least one-third of a food guide serving from at least three food guide food groups (a vegetable/fruit must be one of these)</p> <p>Sodium: less than 750 mg</p> <p>Fibre: 3 g or more</p> <p>Iron: 10% DV (1.4 mg) or more</p>

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2007 Guidelines for Food and Beverage Sales in BC Schools Nutrition Criteria for Each Food Grouping				
Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<b>Soups</b> Includes dry, canned, and fresh	Some instant soups, plain or seasoned Regular canned soups, broth or milk based	Some instant soups, plain or seasoned Many canned soups, broth or milk based	Some soups without meat, or beans/lentils Some low-sodium canned or instant soups	Some soups made with meat or beans/lentils Some low-sodium canned or instant soups made with meat or beans/lentils
<b>Nutrition Criteria</b>	<b>ANY of the following:</b> Fat: 15 g or more Trans fat: 0.4 g or more per 8 g of protein Sodium: more than 750 mg Iron: less than 2% DV (0.28 mg) Artificial Sweeteners are present (Elementary and Middle schools only)	<b>ANY item that passes the Not Recommended criteria</b> <b>AND has ANY of the following:</b> Fat: 10 – 14.9 g Sodium: 600 - 750 mg Artificial Sweeteners are present (Secondary schools only)	<b>ANY item that passes the Not Recommended and Choose Least criteria, but does not pass the Choose Most criteria</b>	<b>ANY item that passes the Not Recommended, and Choose Least criteria</b> <b>AND</b> first ingredient must be a food guide food (not counting water) Sodium: less than 450 mg Iron: 5% DV or more (0.7 mg)

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2007 Guidelines for Food and Beverage Sales in BC Schools Nutrition Criteria for Each Food Grouping				
Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	
<b>Candies, Chocolates, etc.</b>	Most regular packages	Most very small packages of candies/chocolates Very small portions of dessert gelatins	Sugar-free gum or mints or cough drops (Secondary schools only) Diabetic candies (Secondary schools only)	None
<b>Nutrition Criteria</b>	<b>ANY of the following:</b> Calories: 100 or more Sugars: more than 12 g Sodium: more than 175 mg Caffeine: more than 25 mg	<b>ANY item that passes the</b> Not Recommended criteria <b>AND has ANY of the following:</b> Calories: 50 - 99 Sodium: 50 - 175 mg Sugars: 5 - 12 g Artificial Sweeteners are present (Elementary and Middle schools only) Caffeine: 15.1 - 25 mg	<b>ANY item that passes the</b> Not Recommended and Choose Least criteria May contain artificial sweeteners (Secondary schools only)	No criteria
<p><b>Candies, chocolates, etc. that are high in sugars and starches (natural or added) can leave food particles clinging to teeth that can put dental health at risk. The BC Dental Public Health Committee suggests eating these clingy foods only at mealtimes, and choosing at snack time foods that clear quickly from the mouth.</b></p> <p>For more information on how food and beverage choices can affect dental health, see <a href="http://www.bced.gov.bc.ca/health/health_publications.htm">www.bced.gov.bc.ca/health/health_publications.htm</a></p> <p><b>Allergy awareness: these guidelines are not intended to address food allergy concerns in schools.</b></p>				

**2007 Guidelines for Food and Beverage Sales in BC Schools**  
**Nutrition Criteria for Each Food Grouping**

<b>Food Grouping Criteria</b>	<b>Not Recommended</b>	<b>Choose Least</b>	<b>Choose Sometimes</b>	<b>Choose Most</b>
<p><b>Energy Bars</b>                      Includes meal replacement bars, sports bars, and snack bars.                      If a bar has fruit or vegetables as the first or second ingredient, it may score better in the Vegetable and Fruit grouping. If a bar has nuts, nut butter or seeds as the first or second ingredient, it may score better in the Nuts and Seeds food grouping.</p>	<p>Super-sized bars                      Low protein bars</p>	<p>Bars with sugars as first ingredient                      Many bars with added fats                      Many "low-carb" bars</p>	<p>Most bars made with a whole grain and/or fruit base</p>	<p>Some bars made with a whole grain and/or fruit base</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b>                      Calories: more than 300                      Trans fat: 0.2 g or more                      Sodium: more than 450 mg                      Protein: less than 4 g                      Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the</b>                      Not Recommended criteria  <b>AND has ANY of the following:</b>                      Calories: 250 - 300                      Fat: more than 5 g of fat                      Sodium: 300 - 450 mg                      Protein: 4 - 5.9 g                      Sugars: are first ingredient                      Sugars: 16 g or more AND fruit is not the first ingredient                      Artificial Sweeteners are present (Elementary and Middle schools only)                      Caffeine: 15.1 - 25 mg</p>	<p><b>ANY item that passes the</b>                      Choose Least and                      Not Recommended, but does not pass the Choose Most criteria                      May contain artificial sweeteners (Secondary schools only)</p>	<p><b>ANY item that passes the</b>                      Not Recommended, and                      Choose Least criteria  <b>AND</b>                      Fibre: 2 g or more                      Sodium: less than 200 mg                      Does not contain artificial sweeteners</p>

Energy bars high in sugars and starches (natural or added) can leave food particles clinging to teeth that can put dental health at risk. The BC Dental Public Health Committee suggests eating these clingy foods only at mealtimes, and choosing at snack time foods that clear quickly from the mouth. For more information on how food and beverage choices can affect dental health, see [www.bced.gov.bc.ca/health/health\\_publications.htm](http://www.bced.gov.bc.ca/health/health_publications.htm)

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Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Other Beverages*</b>                      (Non-Juice/ Non-Milk based)</p> <ul style="list-style-type: none"> <li>- May not be fortified with vitamins other than Vitamin C, or with minerals other than calcium, or with ingredients such as creatine, taurine, etc.</li> <li>- Some herbs may be acceptable. Check with Dial-A-Dietitian for safety in children.</li> <li>- May not be fortified with vitamins other than Vitamin C, or with minerals other than calcium.</li> <li>- Some non-medical ingredients and herbs may not be acceptable. Check with Dial-A-Dietitian for safety in children.</li> </ul>	<p>Most drinks with sugars as the first ingredient (not counting water) – e.g. iced teas, fruit ‘aides’, pops</p> <p>Most sport drinks*</p> <p>Most unfortified flavoured rice, soy or potato drinks</p> <p>Most hot chocolate mixes made with water</p> <p>All regular coffee/tea drinks</p> <p>Most mixed decaf coffee drinks with sugar and cream</p>	<p>Some fortified flavoured (and most unfortified plain) rice drinks</p>	<p>Most fortified flavoured potato drinks and some fortified rice drinks</p> <p>Some unfortified soy drinks</p> <p>Water (flavoured or not) minimally sweetened</p> <p>Water (flavoured or not) with artificial sweeteners (Secondary schools only)</p> <p>Diet decaf soft drinks and diet non-carbonated drinks (Secondary schools only)</p> <p>Most unfortified plain soy or potato drinks</p>	<p>Water, plain</p> <p>Sparkling/carbonated water or water with added flavours (no added sugar and/or no artificial sweeteners)</p> <p>Soda water</p> <p>Fruit/mint flavoured unsweetened teas</p> <p>Decaf tea or coffee</p> <p>Most fortified plain potato drinks (see “Milk Beverages” for fortified soy drinks)</p>
<p><b>Nutrition Criteria</b></p>	<p><b>ANY of the following:</b></p> <p>Size: more than 600 mL</p> <p>Calories: more than 300</p> <p>Fat: more than 15 g per 250 mL</p> <p>Trans fat: 0.2 g or more</p> <p>Sodium: more than 450 mg</p> <p>Sugars: more than 16 g per 250 mL</p> <p>Sugars: 8 – 16 g per 250 mL AND there is less than 5% calcium (55 mg) per 250 mL</p> <p>Caffeine: more than 25 mg</p>	<p><b>ANY item that passes the Not Recommended criteria AND has ANY of the following:</b></p> <p><b>Fat: 10 - 15 g fat per 250 mL</b></p> <p>Sodium: 200 - 450 mg</p> <p>Sugars: 8 - 16 g per 250 mL AND calcium is 5 - 20% (55- 220 mg) per 250 mL</p> <p>Sugars: between 2-8 g per 250 mL AND calcium is less than 5% (55 mg) per 250 mL</p> <p>Artificial Sweeteners are present (Elementary and Middle schools only)</p> <p>Caffeine: 15.1 - 25 mg</p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria but does not pass the Choose Most criteria</b></p> <p>May contain artificial sweeteners (Secondary schools only)</p>	<p><b>ANY item that passes the Not Recommended and Choose Least criteria AND:</b></p> <p>Sodium: 50 mg or less</p> <p>Sugars: no added sugars if there is less than 20% DV calcium per 250 mL</p> <p>Sugars: may have less than 8 g per 250 mL IF there is at least 20% DV calcium (220 mg) per 250 mL</p> <p>Does not contain artificial sweeteners</p>
<p>*Sport/electrolyte drinks containing added sugars are not recommended for routine sale in schools. However, the BC Community Nutritionist Council School Food Advisory Committee suggests that Middle/Secondary schools can make these drinks available for students actively participating in endurance or performance sports.</p>				
<p><b>“Other Beverages” may provide excess liquid calories, caffeine, artificial sweeteners, or acids and often displace healthier food/beverage choices in students’ diets. The BC Community Nutritionist’s Council School Food Advisory Committee suggests that portion sizes of “Other Beverages” (except plain water) be limited to: 250 mL or less for Elementary schools and 360 mL or less for middle/Secondary schools.</b></p> <p>The BC Dental Public Health Committee suggests choosing plain water more often than “other beverages”.</p> <p><b>Whether they contain sugars or not, almost all “Other Beverages” contain acids (natural or added) that may dissolve tooth enamel when sipped frequently. To avoid prolonged exposure, the committee recommends that only plain water be allowed in classrooms except at designated eating times.</b></p> <p>For more information on how food and beverage choices can affect dental health, see <a href="http://www.bced.gov.bc.ca/health/health_publications.htm">www.bced.gov.bc.ca/health/health_publications.htm</a></p> <p><b>Allergy awareness: these guidelines are not intended to address food allergy concerns in schools.</b></p>				

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**Nutrition Criteria for Each Food Grouping**

Food Grouping Criteria	Not Recommended	Choose Least	Choose Sometimes	Choose Most
<p><b>Condiments &amp; Add-Ins</b>                      Portions have been estimated to limit the amount of salt, fat, and/or sugar to approximately:</p> <ul style="list-style-type: none"> <li>- 100 - 200 mg sodium;</li> <li>- 5 - 10 g total fat; and/or</li> <li>- 4 - 8 g added sugars (or artificial sweetener equivalent)</li> </ul>	<p>Condiments or add-ins containing trans fat (from partially hydrogenated oils or vegetable shortening) AND more than 0.2 g trans fat per serving</p>		<p>Condiments and add-ins can be used to enhance the flavour of Choose Most and Choose Sometimes items.                      Condiments and add-ins should be served on the side whenever possible.                      If condiments or add-ins are served <i>in</i> a food or beverage, then that item needs to be assessed <i>as served</i> in the appropriate food grouping (e.g. A sandwich with mayo would be assessed as the sandwich plus the mayo in the "Mixed Entrée" food grouping).                      Encourage students to limit their choices to one to two portions:</p> <p>Herbs and salt-free seasonings, garlic, pepper: no limit                      Soy sauce: 2 - 3 mL                      Hot sauce: 5 - 10 mL                      Table salt: ¼ - ½ mL (do not serve potassium based salt substitutes in schools)                      Soft margarine, butter: 5 - 10 mL                      Cream cheese or processed cheese spread (regular/light): 5 - 15 mL                      Sour cream: 15 - 30 mL                      Cream: 5 - 15 mL                      Whipped Cream (from cream): 15 - 30 mL                      Low fat spreads, dips, dressings: 5 - 15 mL                      Regular spreads, dips, dressings: 5 - 10 mL                      Oil for sautéing or dressing: 5 - 10 mL                      Ketchup, mustard, pickles, relishes, olives: 10 - 15 mL                      Horseradish: 10 - 45 mL                      Jarred salsa, sauerkraut: 10 - 30 mL (fresh salsa can fit into the Vegetables and Fruit food grouping)                      Salad toppers (e.g. Bacon bits): 5 - 10 mL                      Croutons: 25 - 50 mL                      Sugars/honey: 5 - 10 mL                      Flavoured syrups (e.g. For lattes): 1 pump (10 mL)                      Artificial sweeteners: 1 packet (Secondary schools only)</p>	

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## 1. Understanding Ingredient Labels

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Every product has an ingredient list. For small bulk items, it might be on the carton rather than the individual package. Ingredients are listed in descending order -- as you read through the list, the amounts by weight get smaller and smaller. Usually the first three to five ingredients (not including water) tell you the most; however, artificial sweeteners and caffeine don't weigh very much so they are usually near the end of the ingredient list.

**Milk Ingredients: Milk needs to be the first ingredient for the Milk-based foods and Milk-based beverages categories. Look for these words:**

- Milk (whole/2%/1%/skim, non fat)
- Evaporated Milk
- Skim Milk Powder
- 'Milk Ingredients', Milk Solids (may be modified)

**Trans fats are strictly limited in the Guidelines. If there is no Nutrition Facts Label, these words in the ingredient list give you an idea of how much trans fat might be in the product:**

- Shortening
- Margarine (not all have trans fat)
- Partially hydrogenated oil

**Artificial sweeteners: Artificial sweeteners are safe for children and adolescents to consume in small quantities. The 2007 Guidelines allow artificial sweeteners in the *Choose Sometimes* category and as a condiment in Secondary schools, but not in Elementary and Middle schools. Look for these names in the ingredient list:**

- Splenda (Sucralose)
- Nutrasweet (aspartame, Sweet'n Low, Sugar Twin)
- Acesulfame Potassium (Ace-K)
- Cyclamate (Sugar Twin, Sucaryl)
- Sugar alcohols (maltitol, sorbitol, xylitol, etc, also polydextrose, hydrogenated starch hydrolysates, isomalt)

*(Note: Some foods are sweetened with stevia. Stevia is an herb that is not approved by Health Canada.)*

**Sugars can be from many sources and in many forms. Look for these words on the ingredient list for added sugars:**

- "Ose" words: sucrose, fructose, dextrose, maltose, etc
- Syrups: cane syrup, rice syrup, corn syrup, maple syrup, etc
- Concentrated fruit juice (used to sweeten many products other than 100% fruit juice, but adds very few nutrients to the products)
- Honey, molasses

**Salt can be from these sources, but check the Nutrition Facts Label for total sodium:**

- Salt, Sea Salt
- Sodium
- Sodium chloride
- Soy sauce
- MSG (monosodium glutamate)
- Baking soda, baking powder

**Caffeine is listed as an ingredient only if it is *added* to something. Coffee drinks would not list caffeine as an ingredient, but cola drinks would. Cocoa contains caffeine but is unlikely to exceed the caffeine restrictions in the Guidelines. If the following ingredients are present, caffeine levels are likely to exceed the restrictions in the Guidelines:**

- Caffeine
- Coffee (not coffee flavouring)
- Tea (black or green or white)
- Matè, Yerba, Yerba Matè
- Guarana

For more help in reading ingredient lists and determining caffeine content, contact your local Community Nutritionist or call Dial-A-Dietitian at 604-732-9191 (toll free in BC at 1-800-667-3438).

## 2. Understanding Nutrition Facts Panels

The Nutrition Facts Panel is used to classify a food or beverage as “Choose Most,” “Choose Least,” “Choose Sometimes,” or “Not Recommended.” Most foods and beverages were required to have a Nutrition Facts Panel by December 12, 2005. Small manufacturers have until December 12, 2007. For small bulk items the panel might be on the carton rather than the individual package.

Compare this amount to the size of the package being sold. Is it the same or is it smaller, bigger?

In the Guidelines, the amount of a nutrient allowed is always based on the total package size you are selling (unless otherwise specified). In this example, if the package was 250 mL, it would contain twice what the Nutrition Facts Label shows, e.g. 36 g of carbohydrate.

Sodium mg/portion sold is restricted for many of the food groupings.

% Daily Value:

The % refers to the proportion of the total recommended daily amount for someone with the highest needs.

Nutrition Facts	
Per 125 mL (87 g)*	
Amount	% Daily Value**
<b>Calories</b> 80	
<b>Fat</b> 0.5 g	1 %
Saturated 0 g + Trans 0 g	0 %
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 0 mg	0 %
<b>Carbohydrate</b> 18 g	6 %
Fibre 2 g	8 %
Sugars 2 g	
<b>Protein</b> 3 g	
Vitamin A 2 %	Vitamin C 10 %
Calcium 0 %	Iron 2 %

This is the TOTAL amount of fat.

This is where you can find the amount of trans fat in a product. Some meats and milk products have low amounts of naturally occurring trans fats.

Naturally occurring sugars (like those from fruit or milk) are shown *together* with added sugars.

For more help in interpreting Nutrition Facts panels or items without a Nutrition Facts panel, contact your local community nutritionist or call Dial-A-Dietitian toll free at 1-800-667-3438. In Greater Vancouver call 604-732-9191.

For more information on reading nutrition fact labels and ingredient lists:  
[http://www.hc-sc.gc.ca/fn-an/label-etiquet/index\\_e.html](http://www.hc-sc.gc.ca/fn-an/label-etiquet/index_e.html)

### Strategy for Change

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The *Guidelines for Food and Beverage Sales in BC Schools (2007)* are one tool for enhancing the capacity of schools to promote healthier learning environments. To maximize their impact, you may want to use them as part of a broader strategy for change. Many schools have had good results from following the four steps outlined below.

#### Step 1: Develop Partnerships

Key stakeholder groups, including students, teachers, parents, public health professionals, caterers, and vendors, meet to determine the approaches best suited to the needs of the school and its students. The *School Food Sales and Policies Provincial Report (2005)* found that BC schools that had formal groups focused on nutrition were more likely to offer more healthy choices and were more likely to implement policies encouraging healthy eating at school.

Partners share information on:

- The impact of nutrition on student health and learning;
- The influence of the school environment on food selection;
- What makes an item a healthy choice; and
- Marketing strategies to affect healthy choices.

School food and nutrition resources can be found on these websites:

- About School Health and Nutrition Programs in BC [www.dashbc.org](http://www.dashbc.org)
- Eat Well, Play Well [www.dietitians.ca/child](http://www.dietitians.ca/child)
- Making It Happen: Healthy Eating At School [www.knowledgenetwork.ca/makingithappen](http://www.knowledgenetwork.ca/makingithappen)

## **Step 2: Develop Policy**

BC schools are in various stages of developing and implementing policies that influence the types of foods sold on site, the types of foods sold at fundraising events, and students' access to foods and beverages throughout the school day.

Student and parent involvement is very important in developing school policies, if they are to be effective. Policies are also more effective when communicated clearly to staff, students, and parents. Communication can take place through:

- Student, staff, and family handbooks and/or newsletters;
- Staff orientation and meetings;
- Student orientation;
- Announcements at school events; and
- Community meetings.

Examples of existing school food policies can be found on the BC School Trustees' Association website at: <http://www.bcsta.org/policy/polindex.htm> .

## **Step 3: Develop Transition Plans for Full Implementation**

Healthy food policies provide direction that translates into practice over time. Transition plans give schools a map to follow to help students, parents and other key stakeholders learn about, adapt to, and in time embrace the healthy changes. Transition plans also provide time to work with vendors on product, pricing, and promotion changes. Some schools may also need a transition phase to honour or adapt existing contracts.

It is recommended that schools require food/beverage suppliers to assess what categories their products fit into. Schools should ask vendors for an inventory list classified by category (*Choose Most, Choose Sometimes, Choose Least, Not Recommended*) and whenever possible have a Registered Dietitian review the vendor's list. Members of the food and beverage industry are very familiar with the BC Guidelines, and together with food safety requirements, the Guidelines should form the foundation for food and beverage providers.

Healthy beverage choices can be offered without delay, since there is a wide variety readily available. Healthy snacks for vending machines are available but not as plentiful, so a little more time may be needed for manufactures to provide different options.

As in policy development, student and parent involvement is very important in developing strong transition plans to achieve sustained change.

## **Step 4: Develop and Implement Marketing Mechanisms**

When promoting healthier food and beverage choices to students, schools can consider these marketing mechanisms:

### **Variety**

Providing a variety of healthy food and beverage choices encourages consumption of healthier food products.

### **Stocking**

Healthier food choices should be more plentiful and more visible than less healthy choices. Vendors and caterers are a good source of information and can assist schools in finding healthier products. Vending machines can make healthier beverage options more visible by placing these at eye level. Cafeterias can also display healthier food more prominently.

### **Marketing**

In Secondary schools, there are many examples of business teachers and student councils undertaking marketing campaigns to promote healthier food/beverage products in school stores, vending machines, and cafeterias. In Elementary schools, newsletters have been effective in communicating healthy eating campaigns to parents.

### **Pricing**

Price is the most important factor in helping students make healthier choices. Where healthier items cost less, students are more likely to choose them over their more expensive, less nutritious counterparts. The School Food Sales and Policies Provincial Report (2005) found that schools under-use this strategy. It also identified a number of other opportunities for action that schools may wish to consider.

A decreased profit margin on healthier products can be compensated by raising the prices of less healthy products during the transition to full implementation of the Guidelines. BC schools using this strategy have not reported an overall loss of revenue.