

MINISTRY OF EDUCATION

# SCHOOL FOOD AND BEVERAGE POLICY

Quick Reference Guide | 2010



reach every student

 Ontario

Une publication équivalente est disponible en français sous le titre suivant :

*Politique concernant les aliments et les boissons dans les écoles – Guide de référence rapide*

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## Introduction

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This School Food and Beverage Policy Quick Reference Guide is intended to be used as a portable resource for purchasing food and beverages to offer for sale in your school.

### **When purchasing food or beverages to offer for sale in your school:**

- All of the products, in all venues, through all programs, and at all events, must meet the 80/20 rule.
- Food and beverages are assessed separately.
- If there are fewer than 5 choices, all products must meet the *Sell Most* criteria.
- For Mixed Dishes Without a Nutrition Facts Table, assess each major and minor ingredient using the nutrition standards.

### **Remember:**

- Strategies developed to reduce the risk of exposure to anaphylactic causative agents.
- The accommodation of student and staff religious and/or cultural needs.
- Practices related to safe food preparation, handling and storage.

## Introduction

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All food and beverages fit into one of three categories: *Sell Most*, *Sell Less* or *Not Permitted for Sale*.

### Sell Most ( $\geq 80\%$ )

Products in this category are the healthiest options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium.

Products in this category must make up *at least 80 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

### Sell Less ( $\leq 20\%$ )

Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the “*Sell Most*” category.

Products in this category must make up *no more than 20 per cent* of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.

### Not Permitted for Sale

Products in this category generally contain few or no essential nutrients and/or contain high amounts of fat, sugar, and/or sodium (e.g., deep-fried and other fried foods, confectionery).

Products in this category must not be sold in schools.

## Reading the Nutrition Facts Table

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To apply the nutrition standards, you will have to read the food label. In Canada, the food label is mandatory on pre-packaged food and beverages, with some exceptions (e.g., in-store bakery items).

A food label includes two mandatory components:

- the Nutrition Facts table
- the ingredient list

Source: *Interactive Nutrition Label – Get the Facts*, <http://www.healthy Canadians.gc.ca/eating-nutrition/label-etiquetage/understanding-comprendre/interactive-tools-outils-interactifs/label-interactive-etiquette-eng.php> 2005. Reproduced with the permission of the Minister of Public Works and Government Services Canada, 2010.

## Reading the Nutrition Facts Table

### Serving Size

Apply the Nutrition Standards to the serving size listed on the Nutrition Facts table.

### Core Nutrients

The 13 core nutrients are mandatory in the Nutrition Facts table and are always listed in the same order.

### Ingredient List

The first ingredient on the ingredient list is sometimes used to determine how a product fits into the nutrition standards.

## Nutrition Facts Table for Crackers

Nutrition Facts			
Per 4 crackers (20 g)			
Amount	% Daily Value		
Calories 90			
Fat 3 g	5%		
Saturated 0.5 g	8%		
+ Trans 0 g			
Cholesterol 0 mg			
Sodium 132 mg	6%		
Carbohydrate 14 g	5%		
Fibre 2 g	8%		
Sugars 2 g			
Protein 2 g			
Vitamin A 0 %	Vitamin C	0%	
Calcium 0 %	Iron	4%	

Ingredients: whole grain wheat including the germ, vegetable oil, salt

### % Daily Value

Use the % Daily Value (DV) to determine if a product has a little or a lot of a nutrient. The % DV is also helpful in making comparisons between products.

### Trans Fat

The formula to determine if a food or beverage product meets the trans fat requirement is:

$$\frac{\text{Trans Fat (g)}}{\text{Fat (g)}} \times 100 = \text{\% of fat from trans fat}$$

## Steps to Classify Food and Beverages

To determine which category a specific food or beverage fits into, follow these three steps:

**STEP 1 – Compare the total fat and trans fat amounts (in grams) on your product's Nutrition Facts table with the Trans Fat Standards.** If your product does not meet the Trans Fat Standards, it is Not Permitted for Sale (do not proceed to Step 2).

**STEP 2 – Identify the group and sub-group in the nutrition standards that your product fits into.** (see the A-Z Food and Beverage List ).

**STEP 3 – Compare the relevant information on your product's food label (i.e., the Nutrition Facts table and ingredient list) with the nutrition criteria in the nutrition standards.** Your product will fit into one of the following categories: *Sell Most*, *Sell Less*, or *Not Permitted for Sale*.

The information on a Nutrition Facts table is based on a serving size. If the package size is different than the serving size, the nutrition criteria must be calculated in proportion to the package size to determine whether the package fits into the *Sell Most*, *Sell Less* or *Not Permitted for Sale* category (e.g., if the serving size on the Nutrition Facts table is 250 ml, but the package size is 500 ml, you would have to multiply the nutrition criteria by 2 to determine which category the 500 ml package size fits into).



## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Almond butter	Meat and Alternatives	Nuts, Protein Butters, and Seeds	25
Bacon	Meat and Alternatives	Fresh and Frozen Meat	25
Bagels	Grain Products	Bread	22
Bannock	Grain Products	Bread	22
Beans, any variety	Meat and Alternatives	Meat Alternatives	25
Beef jerky	Meat and Alternatives	Fresh and Frozen Meat	25
Beef, any variety	Meat and Alternatives	Fresh and Frozen Meat	25
Biscuits, any variety	Grain Products	Bread	22
Bread, any variety	Grain Products	Bread	22
Brownies	Grain Products	Baked Goods	22
Bulgur	Grain Products	Pasta, Rice, and Other Grains	22
Butter	Miscellaneous Items	Minor Ingredient, Fats	27
Cake	Grain Products	Baked Goods	22

## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Candy	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>	27
Casseroles	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Cereal bars, any variety	Grain Products	Baked Goods	22
Cereal, any variety	Grain Products	Cereals	23
Chapatti	Grain Products	Bread	22
Cheese, any variety	Milk and Alternatives	Cheese	24
Chicken, breaded	Meat and Alternatives	Fresh and Frozen Meat	25
Chicken, fresh or frozen	Meat and Alternatives	Fresh and Frozen Meat	25
Chilli	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Chocolate bars	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>	27
Chocolate chips	Miscellaneous Items	Minor Ingredient, Other	27
Coffee	Beverages	Coffee/Tea	29, 31
Cookies, any variety	Grain Products	Baked Goods	22

## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Corn chips	Grain Products	Grain-Based Snacks	23
Couscous	Grain Products	Pasta, Rice, and Other Grains	22
Crackers, any variety	Grain Products	Grain-Based Snacks	23
Cream cheese	Miscellaneous Items	Minor Ingredient, Condiments and Spreads	27
Croissants	Grain Products	Baked Goods	22
Danishes	Grain Products	Baked Goods	22
Deli meat, any variety	Meat and Alternatives	Deli (Sandwich) Meat	25
Dip, any variety	Miscellaneous Items	Minor Ingredient, Dips	27
Doughnuts	Grain Products	Baked Goods	22
Eggs	Meat and Alternatives	Eggs	25
Energy bars	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>	27
Energy drinks	Beverages	Energy Drinks – <i>Not Permitted for Sale</i>	29, 31
English muffin	Grain Products	Bread	22

## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Fish, breaded	Meat and Alternatives	Fish	25
Fish, fresh, frozen or Canned	Meat and Alternatives	Fish	25
Freezies	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>	27
Fruit chips	Vegetables and Fruit	Vegetable and Fruit Chips	21
Fruit, canned	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit	21
Fruit, dried	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit	21
Fruit, fresh or frozen	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit	21
Fruit snacks (e.g., leathers)	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit	21
Grain-based salad	Mixed Dishes With a Nutrition Facts Table	Side Dishes	26
Granola	Grain Products	Cereals	23

## A–Z Food and Beverage List

<b>Food or Beverage</b>	<b>Nutrition Standards – Group</b>	<b>Nutrition Standards – Sub-Group</b>	<b>Page Reference</b>
Granola bars, any variety	Grain Products	Baked Goods	22
Gravy	Miscellaneous Items	Minor Ingredient, Gravies and Sauces	27
Ground meat, any variety	Meat and Alternatives	Fresh and Frozen Meat	25
Hamburger	Meat and Alternatives	Fresh and Frozen Meat	25
Honey	Miscellaneous Items	Minor Ingredient, Condiments and Spreads	27
Hot chocolate	Beverages	Hot Chocolate	29, 31
Hummus	Miscellaneous Items	Minor Ingredient, Dips	27
Ice cream	Milk and Alternatives	Milk-Based Desserts	24
Iced tea	Beverages	Iced Tea	29, 31
Jam	Miscellaneous Items	Minor Ingredient, Condiments and Spreads	27
Jamaican patties	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Jellies	Miscellaneous Items	Minor Ingredient, Condiments and Spreads	27
Juice, fruit	Beverages	Juices or Blends: Vegetable or Fruit	28, 30

## A–Z Food and Beverage List

<b>Food or Beverage</b>	<b>Nutrition Standards – Group</b>	<b>Nutrition Standards – Sub-Group</b>	<b>Page Reference</b>
Juice, vegetable	Beverages	Juices or Blends: Vegetable or Fruit	28, 30
Kefir	Milk and Alternatives	Yogurt/Kefir	24
Ketchup	Miscellaneous Items	Minor Ingredient, Condiments and Spreads	27
Lamb	Meat and Alternatives	Fresh and Frozen Meat	25
Lasagne	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Legumes, any variety	Meat and Alternatives	Meat Alternatives	25
Lemonade	Beverages	Other Beverages	29, 31
Lentils, any variety	Meat and Alternatives	Meat Alternatives	25
Limeade	Beverages	Other Beverages	29, 31
Margarine	Miscellaneous Items	Minor Ingredient, Fats	27
Mayonnaise	Miscellaneous Items	Minor Ingredient, Oils and Dressings	27
Meatballs	Meat and Alternatives	Fresh and Frozen Meat	25
Milk, any variety	Beverages	Milk and Milk-Based Beverages	28, 30

## A–Z Food and Beverage List

<b>Food or Beverage</b>	<b>Nutrition Standards – Group</b>	<b>Nutrition Standards – Sub-Group</b>	<b>Page Reference</b>
Milkshakes, any variety	Beverages	Milk and Milk-Based Beverages	28, 30
Muffins, any variety	Grain Products	Baked Goods	22
Mustard	Miscellaneous Items	Minor Ingredient, Condiments and Spreads	27
Naan	Grain Products	Bread	22
Nuts	Meat and Alternatives	Nuts, Protein Butters, and Seeds	25
Oatmeal	Grain Products	Cereals	23
Oil, any variety	Miscellaneous Items	Minor Ingredient, Oils and Dressings	27
Pancakes	Grain Products	Baked Goods	22
Parmesan cheese	Miscellaneous Items	Minor Ingredient, Other	27
Pasta	Grain Products	Pasta, Rice, and Other Grains	22
Pasta salad	Mixed Dishes With a Nutrition Facts Table	Side Dishes	26
Pasta sauce, cream-based	Miscellaneous Items	Minor Ingredient, Gravies and Sauces	27
Pasta sauce, tomato-based	Vegetables and Fruit	Canned Tomato and Tomato-Based Products	21

## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Pastries	Grain Products	Baked Goods	22
Peanut butter	Meat and Alternatives	Nuts, Protein Butters, and Seeds	25
Peanuts	Meat and Alternatives	Nuts, Protein Butters, and Seeds	25
Pepperoni sticks	Meat and Alternatives	Fresh and Frozen Meat	25
Pickles	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit	21
Pies/Tarts	Grain Products	Baked Goods	22
Pita	Grain Products	Bread	22
Pita chips	Grain Products	Grain-Based Snacks	23
Pizza	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Pizza dough or crust	Grain Products	Bread	22
Pizza sauce	Vegetables and Fruit	Canned Tomato and Tomato-Based Products	21
Pop, any flavour	Beverages	Other Beverages	29, 31



## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Popcorn	Grain Products	Grain-Based Snacks	23
Popsicles, any flavour	Miscellaneous Items	Confectionery – <i>Not Permitted for Sale</i>	27
Pork, any variety	Meat and Alternatives	Fresh and Frozen Meat	25
Pot pie, any variety	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Potato chips	Vegetables and Fruit	Vegetable and Fruit Chips	21
Potatoes	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit	21
Pretzels	Grain Products	Grain-Based Snacks	23
Pudding, any variety	Milk and Alternatives	Milk-Based Desserts	24
Quiche	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Quinoa	Grain Products	Pasta, Rice, and Other Grains	22
Raisins	Vegetables and Fruit	Fresh, Frozen, Canned, and Dried Vegetables and Fruit	21
Rice beverage, any flavour	Beverages	Soy/Milk Alternative Beverages	28, 30

## A–Z Food and Beverage List

<b>Food or Beverage</b>	<b>Nutrition Standards – Group</b>	<b>Nutrition Standards – Sub-Group</b>	<b>Page Reference</b>
Rice cakes, any flavour	Grain Products	Grain-Based Snacks	23
Rice noodles	Grain Products	Pasta, Rice, and Other Grains	22
Rice, any variety	Grain Products	Pasta, Rice, and Other Grains	22
Roti	Grain Products	Bread	22
Salad dressing, cream-based	Miscellaneous Items	Minor Ingredient, Oils and Dressings	27
Salad dressing, oil-based	Miscellaneous Items	Minor Ingredient, Oils and Dressings	27
Salsa	Miscellaneous Items	Minor Ingredient, Gravies and Sauces	27
Sandwiches	Mixed Dishes With a Nutrition Facts Table	Entrées	26
Sauce, any variety	Miscellaneous Items	Minor Ingredient, Gravies and Sauces	27
Scones	Grain Products	Bread	22
Seed butter	Meat and Alternatives	Nuts, Protein Butters, and Seeds	25
Seeds	Meat and Alternatives	Nuts, Protein Butters, and Seeds	25
Soba noodles	Grain Products	Pasta, Rice, and Other Grains	22

## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Soup	Mixed Dishes With a Nutrition Facts Table	Soup	26
Soy beverage	Beverages	Soy/Milk Alternative Beverages	28, 30
Soy butter	Meat and Alternatives	Nuts, Protein Butters, and Seeds	25
Sports drinks	Beverages	Sports Drinks – <i>Not Permitted for Sale</i>	29, 31
Stew	Mixed Dishes With a Nutrition Facts Table	Entrees	26
Sundaes	Milk and Alternatives	Milk-Based Desserts	24
Taco shell	Grain Products	Bread	22
Tea	Beverages	Coffee/Tea	29, 31
Tempeh	Meat and Alternatives	Meat Alternatives	25
Tofu	Meat and Alternatives	Meat Alternatives	25
Tomato sauce	Vegetables and Fruit	Canned Tomato and Tomato-Based Products	21
Tomatoes, canned	Vegetables and Fruit	Canned Tomato and Tomato-Based Products	21
Tortilla	Grain Products	Bread	22

## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Turkey, fresh	Meat and Alternatives	Fresh and Frozen Meat	25
Turkey, jerky	Meat and Alternatives	Fresh and Frozen Meat	25
Vegetable chips	Vegetables and Fruit	Vegetable and Fruit Chips	21
Vegetable-based salad	Mixed Dishes With a Nutrition Facts Table	Sides	26
Vegetables, canned, any variety (not tomatoes)	Vegetables and Fruit	Fresh, Frozen and Canned Vegetables and Fruit	21
Vegetables, fresh or frozen, any variety	Vegetables and Fruit	Fresh, Frozen and Canned Vegetables and Fruit	21
Vegetarian burgers, meatballs or ground round	Meat and Alternatives	Meat Alternatives	25
Vegetarian simulated meat strips	Meat and Alternatives	Meat Alternatives	25
Waffles	Grain Products	Baked goods	22
Water, flavoured	Beverages	Other Beverages	29, 31
Water, plain	Beverages	Water	28, 30

## A–Z Food and Beverage List

Food or Beverage	Nutrition Standards – Group	Nutrition Standards – Sub-Group	Page Reference
Water, vitamin, any flavour	Beverages	Other Beverages	29, 31
Wieners, beef, pork, chicken or turkey	Meat and Alternatives	Fresh and Frozen Meat	25
Wieners, vegetarian	Meat and Alternatives	Meat Alternatives	25
Yogurt	Milk and Alternatives	Yogurt/ Kefir	24
Yogurt drink, any flavour	Beverages	Yogurt drinks	28, 30
Yogurt, frozen	Milk and Alternatives	Milk-Based Desserts	24



Not Permitted for Sale

## Trans Fat Standards

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The Trans Fat Standards (O.Reg.200/08) requires that any food, beverage, or ingredient offered for sale in a school, or used as an ingredient in the preparation, in a school, of a food or beverage offered for sale in a school, must meet the following prescribed amounts of trans fat:

- The trans fat content does not exceed 2% of the total fat content for vegetable oil or soft, spreadable margarine.
- The trans fat content does not exceed 5% of the total fat content for any food, beverage or ingredient, other than vegetable oil or soft, spreadable margarine.

### Calculating Trans Fat

- Identify the amount, in grams (g), of Fat and Trans Fat on your product's Nutrition Facts table.
- Enter these two numbers into the following formula:

**Formula:** 
$$\frac{\text{Trans (g)}}{\text{Fat (g)}} \times 100 = \% \text{ of total fat from trans fat}$$

## Vegetables and Fruit

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Fresh, Frozen, Canned, and Dried Vegetables and Fruit</b>	Vegetable or fruit (or water) is the first item on the ingredient list and Fat: $\leq 3$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 360$ mg	Vegetable or fruit (or water) is the first item on the ingredient list and Fat: $\leq 5$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 480$ mg	Sugar is the first item on the ingredient list or Fat: $> 5$ g or Saturated fat: $> 2$ g or Sodium: $> 480$ mg
<b>Canned Tomatoes and Tomato-Based Products</b>	Fat: $\leq 3$ g and Sodium: $\leq 480$ mg		Fat: $> 3$ g or Sodium: $> 480$ mg
<b>Vegetable and Fruit Chips</b>	Fat: $\leq 3$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 240$ mg	Fat: $\leq 5$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 480$ mg	Fat: $> 5$ g or Saturated fat: $> 2$ g or Sodium: $> 480$ mg

## Grain Products

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Bread</b>	Whole grain is the first item on the ingredient list and Saturated fat: $\leq 2$ g and Sodium: $\leq 240$ mg and Fibre: $\geq 2$ g	Saturated fat: $\leq 2$ g and Sodium: $\leq 480$ mg	Saturated fat: $> 2$ g or Sodium: $> 480$ mg
<b>Pasta, Rice, and Other Grains</b>	Fat: $\leq 3$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 240$ mg	Fat: $\leq 5$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 480$ mg	Fat: $> 5$ g or Saturated fat: $> 2$ g or Sodium: $> 480$ mg
<b>Baked Goods</b>	Fat: $\leq 5$ g and Saturated fat: $\leq 2$ g and Fibre: $\geq 2$ g	Fat: $\leq 10$ g and Saturated fat: $\leq 2$ g and Fibre: $\geq 2$ g	Fat: $> 10$ g or Saturated fat: $> 2$ g or Fibre: $< 2$ g



## Grain Products (continued)

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Grain-Based Snacks	Fat: $\leq 3$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 240$ mg	Fat: $\leq 5$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 480$ mg	Fat: $> 5$ g or Saturated fat: $> 2$ g or Sodium: $> 480$ mg
Cereals	Whole grain is the first item on the ingredient list and Saturated fat: $\leq 2$ g and Fibre: $\geq 2$ g		Whole grain is <i>not</i> the first item on the ingredient list or Saturated fat: $> 2$ g or Fibre $< 2$ g

## Milk and Alternatives

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Yogurt/Kefir	Fat: $\leq 3.25\%$ M.F. or $\leq 3$ g		Fat: $> 3.25\%$ M.F. or $> 3$ g
Cheese	Fat: $\leq 20\%$ M.F. and Sodium: $\leq 360$ mg and Calcium: $\geq 15\%$ DV	Sodium: $\leq 480$ mg and Calcium: $\geq 15\%$ DV	Sodium: $> 480$ mg or Calcium: $< 15\%$ DV
Milk-Based Desserts		Fat: $\leq 5$ g and Sodium: $\leq 360$ mg and Calcium: $\geq 5\%$ DV	Fat: $> 5$ g or Sodium: $> 360$ mg or Calcium: $< 5\%$ DV

## Meat and Alternatives

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Fresh and Frozen Meat	Fat: $\leq 10$ g and Sodium: $\leq 480$ mg	Fat: $\leq 14$ g and Sodium: $\leq 480$ mg	Fat: $> 14$ g or Sodium: $> 480$ mg
Deli (Sandwich) Meat	Fat: $\leq 5$ g and Sodium: $\leq 480$ mg	Fat: $\leq 5$ g and Sodium: $\leq 600$ mg	Fat: $> 5$ g or Sodium: $> 600$ mg
Fish	Fat: $\leq 8$ g and Sodium: $\leq 480$ mg	Fat: $\leq 12$ g and Sodium: $\leq 480$ mg	Fat: $> 12$ g or Sodium: $> 480$ mg
Eggs	Fat: $\leq 7$ g and Sodium: $\leq 480$ mg		Fat: $> 7$ g or Sodium: $> 480$ mg
Nuts, Protein Butters, and Seeds	Not coated with candy, chocolate, sugar, or yogurt and Sodium: $\leq 480$ mg		Coated with candy, chocolate, sugar, and/or yogurt or Sodium: $> 480$ mg
Meat Alternatives, such as Tofu, Beans, and Lentils	Fat: $\leq 8$ g and Sodium: $\leq 480$ mg and Protein: $\geq 10$ g		Fat: $> 8$ g or Sodium: $> 480$ mg or Protein: $< 10$ g

## Mixed Dishes With a Nutrition Facts Table

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Entrées</b> (e.g., frozen pizza, sandwiches, pasta, hot dogs)	Fat: $\leq 10$ g and Saturated fat: $\leq 5$ g and Sodium: $\leq 960$ mg and Fibre: $\geq 2$ g and Protein: $\geq 10$ g	Fat: $\leq 15$ g and Saturated fat: $\leq 7$ g and Sodium: $\leq 960$ mg and Fibre: $\geq 2$ g and Protein: $\geq 7$ g	Fat: $> 15$ g or Saturated fat: $> 7$ g or Sodium: $> 960$ mg or Fibre: $< 2$ g or Protein: $< 7$ g
<b>Soups</b>	Fat: $\leq 3$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 720$ mg and Fibre: $\geq 2$ g	Fat: $\leq 5$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 720$ mg	Fat: $> 5$ g or Saturated fat: $> 2$ g or Sodium: $> 720$ mg
<b>Side Dishes</b> (e.g., grain and/or vegetable salads)	Fat: $\leq 5$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 360$ mg and Fibre: $\geq 2$ g	Fat: $\leq 7$ g and Saturated fat: $\leq 2$ g and Sodium: $\leq 360$ mg	Fat: $> 7$ g or Saturated fat: $> 2$ g or Sodium: $> 360$ mg

## Miscellaneous Items

### Minor Ingredients

Ingredients	Serving Size
Condiments and Spreads	≤ 15 ml (1 tbsp)
Gravies and Sauces	≤ 60 ml (4 tbsp)
Dips	≤ 30 ml (2 tbsp)
Fats	≤ 5 ml (1 tsp)
Oils and Dressings	≤ 15 ml (1 tbsp)
Other (e.g., chocolate chips, coconut, olives, parmesan cheese)	≤ 15 ml (1 tbsp)

### Not Permitted for Sale: Confectionery (Examples)

Candy	Gum
Chocolate	Gummies
Energy Bars	Popsicles and Freezies, if not prepared with 100% juice
Licorice	

## Beverages – Elementary Schools

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Water	Plain		
Milk and Milk-Based Beverages (Plain or Flavoured)	Fat: $\leq 2\%$ M.F. or $\leq 5$ g and Sugar: $\leq 28$ g and Calcium: $\geq 25\%$ DV and Container size: $\leq 250$ ml		Fat: $> 2\%$ M.F. or $> 5$ g or Sugar: $> 28$ g or Calcium: $< 25\%$ DV or Container size: $> 250$ ml
Yogurt Drinks	Fat: $\leq 3.25\%$ M.F. or $\leq 3$ g and Container size: $\leq 250$ ml		Fat: $> 3.25\%$ M.F. or $> 3$ g or Container size: $> 250$ ml
Soy/Milk Alternative Beverages (Plain or Flavoured)	Fortified with calcium and vitamin D and Container size: $\leq 250$ ml		Unfortified or Container size: $> 250$ ml
Juices or Blends: Vegetable or Fruit	100% juice, pulp, or purée and Unsweetened/No sugar added and Container size: $\leq 250$ ml		$< 100\%$ juice, pulp, or purée or Sugar is in the ingredient list or Container size: $> 250$ ml

## Beverages – Elementary Schools (continued)

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
<b>Hot Chocolate</b>	Fat: $\leq 2\%$ M.F. or $\leq 5$ g and Sugar: $\leq 28$ g and Calcium: $\geq 25\%$ DV and Container size: $\leq 250$ ml		Fat: $> 2\%$ M.F. or $> 5$ g or Sugar: $> 28$ g or Calcium: $< 25\%$ DV or Container size: $> 250$ ml
<b>Coffee and Tea</b>			All Coffee and Tea
<b>Iced Tea</b>			All Iced Tea
<b>Energy Drinks</b>			All Energy Drinks
<b>Sports Drinks</b>			All Sports Drinks
<b>Other Beverages</b> (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade)			All Other Beverages

## Beverages – Secondary Schools

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Water	Plain		
Milk* and Milk-Based Beverages (Plain or Flavoured)	Fat: $\leq 2\%$ M.F. or $\leq 5$ g and Sugar: $\leq 28$ g and Calcium: $\geq 25\%$ DV		Fat: $> 2\%$ M.F. or $> 5$ g or Sugar: $> 28$ g or Calcium: $< 25\%$ DV
Yogurt Drinks	Fat: $\leq 3.25\%$ M.F. or $\leq 3$ g		Fat: $> 3.25\%$ M.F. or $> 3$ g
Soy/Milk Alternative Beverages (Plain or Flavoured)	Fortified with calcium and vitamin D		Unfortified
Juices or Blends: Vegetable or Fruit	100% juice, pulp, or purée and Unsweetened/No sugar added		$< 100\%$ juice, pulp, or purée or Sugar is in the ingredient list

\* Milk can be sold in containers that hold multiple servings.



## Beverages – Secondary Schools (continued)

Sub-Group	Sell Most ( $\geq 80\%$ )	Sell Less ( $\leq 20\%$ )	Not Permitted for Sale
	Nutrition Criteria	Nutrition Criteria	Nutrition Criteria
Hot Chocolate	Fat: $\leq 2\%$ M.F. or $\leq 5$ g and Sugar: $\leq 28$ g and Calcium: $\geq 25\%$ DV		Fat: $> 2\%$ M.F. or $> 5$ g or Sugar: $> 28$ g or Calcium: $< 25\%$ DV
Coffee and Tea		Decaffeinated	Caffeinated
Iced Tea		Calories: $\leq 40$ and Decaffeinated	Calories: $> 40$ or Caffeinated
Energy Drinks			All Energy Drinks
Sports Drinks			All Sports Drinks
Other Beverages (e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade)		Calories: $\leq 40$ and Caffeine-free	Calories: $> 40$ or with caffeine

## Supporting Resources

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Visit [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools)

Contact a Registered Dietitian at EatRight Ontario:

[www.ontario.ca/eatright](http://www.ontario.ca/eatright)

or toll-free, 1-877-510-5102.



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