

Appendix 1 Foods for School Cafeterias, Hot Lunch Programs and Vending Machines

Based on *Canada's Food Guide to Healthy Eating (CFGHE)*, the foods provided in District 2 will be primarily nutrient dense foods, providing good nutritional value for the calories they contribute to children's meals. Only foods with Maximum and Moderate Nutritional Value will be allowed in District 2 schools. The following list represents some appropriate foods for food service in District 2 schools.

Foods with moderate nutritional value, as well as combination foods, may need to be assessed on an individual basis. Issues to be considered include the method of preparation; portion size; presence of fruits, vegetables, and whole grains; proportion of added fats, sugars, and salt; degree of processing. The chart below should help the food vendor to begin classifying foods.

Please note that changes will have to be made to this list over time as new products become available and product formulations change. The District will review this list on at least an annual basis and make changes as needed to ensure the foods allowed are healthy and that the restrictions are reasonable for all concerned. As this list is intended to apply to all foods for all grade levels throughout District 2, questions and suggestions for changes will be directed to the District, rather than to individual schools.

We recognize that healthy eating outside of school represents a balance of many kinds of foods. This list is not intended to be used as tool for teaching general healthy eating principles.

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
General Information about these groups	<p><i>These foods are:</i></p> <ul style="list-style-type: none"> • <i>Good or excellent sources of important nutrients (e.g. vitamins, minerals, protein and fibre)</i> • <i>Generally low in added fat, sugar and/or salt</i> • <i>Generally whole grains, vegetables and fruit, low fat milk products and lean meats and alternatives</i> <p>• <i>Found within one of the four food groups in CFGHE</i></p>	<p><i>These foods are:</i></p> <ul style="list-style-type: none"> • <i>Sources of nutrients (e.g. vitamins, minerals, protein and fibre)</i> • <i>Sometimes high in fat, sugar, salt and/or excessive calories generally as a result of processing. Some of these foods can be difficult to classify because of the brand and/or their method of preparation and the portion size offered (e.g. cake style muffin vs. whole grain muffin with reduced fat and sugar)</i> • <i>Generally found within one of the four food groups in CFGHE</i> 	<p><i>These foods:</i></p> <ul style="list-style-type: none"> • <i>May provide nutrients but are generally high in fat, added sugar, salt, caffeine and/or calories</i> • <i>Tend to be highly processed (e.g. deep fried, high in hydrogenated fats, with added colouring)</i> <p>• <i>May belong in the "other food" category of CFGHE</i></p>	
GRAINS				
Cereals	<ul style="list-style-type: none"> • <i>Whole grain</i> • <i>Fat – 3g or less¹</i> • <i>Fibre – 2g or more¹</i> • <i>Porridge: oatmeal, instant regular oatmeal, oatbran, red river, cornmeal</i> • <i>Dry cereal: all bran, bran buds, bran flakes, cheerios, corn bran, fibre 1, fruit & fibre, grape-nuts, muesli, raisin bran, shredded wheat, shreddies, wheetabix</i> 	<ul style="list-style-type: none"> • <i>Flake or crisp types</i> • <i>Fat – 4g or less¹</i> • <i>Fibre – 2g or less¹</i> • <i>Porridge: cream of wheat</i> • <i>Dry cereal: cornflakes, low fat granola with raisins, low fat harvest crunch, just right, mini wheats with frosting, puff wheat, rice krispies, special K</i> 	<ul style="list-style-type: none"> • <i>Sugar coated, candied</i> • <i>Fat – 4g or more¹</i> • <i>Sugar – added¹</i> • <i>Porridge: instant flavoured oatmeal and cream of wheat</i> • <i>Dry cereal: alpha bits, count chocula, fruit loops, frosted flakes, granola with raisins, harvest crunch regular varieties, lucky charms, sugar crisps, trix, honey combs</i> 	¹ Nutrient limits are per the serving size listed on the package. DV = "Daily Value"
Bread	<ul style="list-style-type: none"> • <i>100% whole grain (wheat, rye, etc)</i> • <i>Fat – no added</i> • <i>Whole wheat, whole grain, cracked wheat, pumpernickel, rye, multigrain, and oat bran products</i> 	<ul style="list-style-type: none"> • <i>60% whole grain (wheat, rye, etc)</i> • <i>Fat – no added</i> • <i>Enriched white and fruit breads</i> 	<ul style="list-style-type: none"> • <i>Less than 60% whole grain</i> • <i>Fat - added</i> • <i>Enriched white, high fat products</i> 	

Appendix 1 Foods for School Cafeterias, Hot Lunch Programs and Vending Machines

Grains continued...

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
	<ul style="list-style-type: none"> Pita, English muffin, bagels, rolls, buns, tortilla, bannock 	<ul style="list-style-type: none"> Pita, English muffin, bagels, rolls, buns, roti, tortilla, bannock, raisin bread, brown bread 	<ul style="list-style-type: none"> Croissants 	
Pasta	<ul style="list-style-type: none"> Whole wheat pasta and noodles 	<ul style="list-style-type: none"> White pasta and noodles, rice noodles, egg noodles 	<ul style="list-style-type: none"> Deep fried pasta noodles: mr. noodles, chinese chow mein noodles canned pasta: chef boyardee, heinz noodles and similar no-name brands 	
Rice	<ul style="list-style-type: none"> Brown rice 	<ul style="list-style-type: none"> White rice, long grain, wild rice, instant rice, converted rice 		
Casseroles		<ul style="list-style-type: none"> Rice or pasta dishes made with milk, cheese or meat ingredients from Max or Mod categories 	<ul style="list-style-type: none"> Rice or pasta dishes made with ingredients from Min category 	
Grains	<ul style="list-style-type: none"> Corn, barley, millet, couscous, bulgur 			
Baked Goods	<ul style="list-style-type: none"> <i>Fat – 3g or less¹</i> <i>Fibre – 2g or more¹</i> <i>Sugar – no added</i> <i>Whole wheat flour first ingredient</i> 	<ul style="list-style-type: none"> <i>Fat – 3g or more¹</i> <i>Fibre – 2g or less¹</i> <i>Sugar – some added</i> <i>Whole grains</i> <i>With dried fruit, nuts or seeds</i> 	<ul style="list-style-type: none"> <i>Fat – 5g or more¹</i> <i>Fibre – 2g or less¹</i> <i>Sugar – large amount added</i> <i>White flour</i> <i>Added chocolate, chocolate chips, icing</i> 	¹ Nutrient limits are per the serving size listed on the package. DV = "Daily Value" ² Vending machine option ³ Where allowed depending on peanut status of school.
Muffins, Quick Breads ²		<ul style="list-style-type: none"> Muffins, fruit loaves and dessert bread, low in fat, with whole grains, dried fruit, nuts or seeds³ 	<ul style="list-style-type: none"> Muffins, fruit loaves and dessert bread, higher in fat, made with chocolate chips, icing, etc. 	
Cakes & Pastry		<ul style="list-style-type: none"> Angel food cake 	<ul style="list-style-type: none"> Cakes, cupcakes, cake rolls, danishes, packaged snack cakes (joe louis, flakie, twinkie, half-moon), pie, pastries 	
Cookies ²		<ul style="list-style-type: none"> Cookies: low fat, whole grain, fruit bars, fig newtons, oatmeal, oatmeal and raisin, gingersnaps, graham wafers, arrowroots, digestive 	<ul style="list-style-type: none"> Cookies: chocolate chip; cream-, chocolate- or icing-filled; chocolate- or icing-covered; with marshmallows 	
Vegetables and Fruit				
Vegetables	<ul style="list-style-type: none"> <i>Fresh, frozen or canned</i> <i>Fat – no added</i> <i>Salt – no added</i> <i>Preparation – baked, roasted or mashed</i> Any that meet the above criteria 	<ul style="list-style-type: none"> <i>Fresh, frozen or canned</i> <i>Fat – no added</i> <i>Salt – may have added</i> <i>Preparation – baked, roasted or mashed</i> Salsa, vegetables canned with salt 	<ul style="list-style-type: none"> <i>Fresh, frozen or canned</i> <i>Fat – added</i> <i>Salt – added</i> <i>Preparation – deep fried, breaded</i> French fries, poutines 	
Fruit	<ul style="list-style-type: none"> <i>Fresh or frozen</i> <i>Canned in water, fruit juice</i> <i>Sugar – no added</i> 	<ul style="list-style-type: none"> <i>Fresh, frozen, dried</i> <i>Canned in light syrup</i> <i>Sugar – some added</i> 	<ul style="list-style-type: none"> <i>Frozen, dried</i> <i>Canned in heavy syrup</i> <i>Sugar - added</i> 	
Fruit puree or compote	<ul style="list-style-type: none"> Applesauce or fruit compote: 100% pure, unsweetened 	<ul style="list-style-type: none"> Applesauce or Fruit compote: sweetened 	<ul style="list-style-type: none"> Canned fruit in heavy syrup 	
Dried Fruits		<ul style="list-style-type: none"> Dried fruit with no added sugar: raisins, dates, figs, apricots, cranberries, cherries 	<ul style="list-style-type: none"> Dried fruit with added sugar: cranberries, blueberries, cherries 	
Fruit Leathers		<ul style="list-style-type: none"> 100% fruit leathers: sunrype, fruit-to-go, fruit-and-veggie bars 	<ul style="list-style-type: none"> Artificial fruit flavoured leathers: fruit roll-ups, fruit by the foot, fruit gushers, pooh snacks, sodalicious 	
Frozen Fruit Treats	<ul style="list-style-type: none"> Frozen fruit juice bar with 100% fruit juice 		<ul style="list-style-type: none"> Frozen fruit juice bar with less than 100% juice: popsicles 	
Fruit juices	<ul style="list-style-type: none"> See Beverages section 	<ul style="list-style-type: none"> See Beverages section 	<ul style="list-style-type: none"> See Beverages section 	

Appendix 1
Foods for School Cafeterias, Hot Lunch Programs and Vending Machines

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
Milk Products				
Fluid Milk, Milk Beverages, Yogurt Beverages	<ul style="list-style-type: none"> See Beverages section 	<ul style="list-style-type: none"> See Beverages section 	<ul style="list-style-type: none"> See Beverages section 	¹ Nutrient limits are per the serving size listed on the package. DV = "Daily Value"
Hard Cheese	<ul style="list-style-type: none"> Fat – 20% MF or less¹ Calcium – 15% DV or more¹ Low fat cheeses: skim milk mozzarella, cheddar, gouda, etc. 	<ul style="list-style-type: none"> Fat – 20–25% MF¹ Calcium – 15% DV or more¹ Moderate fat cheese: brick, cheddar, edam, gouda, feta, etc. 	<ul style="list-style-type: none"> Fat – 25% MF or more¹ Regular block cheese and string cheese: regular brick, cheddar, edam, gouda, etc. 	
Cottage Cheese	<ul style="list-style-type: none"> Fat – 2% MF or less¹ Cottage cheese 	<ul style="list-style-type: none"> Fat – 2% MF or more¹ Cottage cheese 		
Fresh Cheese	<ul style="list-style-type: none"> Fat – 3g or less¹ Sugar – no added 	<ul style="list-style-type: none"> Fat – 3g or more¹ Sugar – some added Fresh cheese with fruit: minigo, president's choice, petit danimals 		
Processed Cheese		<ul style="list-style-type: none"> First ingredient - milk Processed cheese slices: kraft singles, velveeta, black diamond 	<ul style="list-style-type: none"> First ingredient – not milk Processed cheese slices: some no-name brands 	
Cheese Spread			<ul style="list-style-type: none"> Cheese spread: cheese whiz 	
Soy Based Cheese Alternatives		<ul style="list-style-type: none"> Veggie slices, veggie shreds 		
Yogurt	<ul style="list-style-type: none"> Fat – 2% MF or less¹ Sugar – little or no added Yogurt with or without fruit Yogurt tubes: danone tubes xpress Yogurt mousse: silhouette 	<ul style="list-style-type: none"> Fat – 2% MF or more¹ Sugar – added Yogurt with added granola Yogurt tubes: yoplait tubes Yogurt mousse: yogurt crème mousse: danone a la crème, astro la crème, apple crumble 		
Puddings	<ul style="list-style-type: none"> Fat – 2% MF or less¹ Calcium – 15% DV or more¹ Serving size – 125 mL 	<ul style="list-style-type: none"> Fat – 2% MF or less¹ Calcium – 10-15% DV or more¹ Serving size – more than 125 mL President's Choice: creamy caramel, french vanilla Healthy Choice: french vanilla, double chocolate fudge, french crème tapioca Jello: chocolate fudge 	<ul style="list-style-type: none"> Fat – 2% MF or more¹ Calcium – 10% DV or less¹ Serving size – more than 125 mL Jello: banana blitz, butterscotch blast, chocolate fudge attack, chocolate splat, vanilla whirl, fat free vanilla, fat free devil's food delight 	
Frozen Milk Products		<ul style="list-style-type: none"> Fat – 3g or less¹ Calcium – 5% DV or more¹ Low fat frozen yogurt: chapmans (1.5% MF), scotsburn (0.4% MF) Low fat ice cream: scotsburn ice milk, chapmans light sorbet, breyers smart scoop Fudgsicles 	<ul style="list-style-type: none"> Fat – 3g or more¹ Calcium – less than 5% DV¹ Regular frozen yogurt: chapmans regular, ben & jerry regular Regular ice cream, sherbet Drumsticks, creamsicles, ice cream sandwiches 	

Appendix 1
Foods for School Cafeterias, Hot Lunch Programs and Vending Machines

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
Meats and Alternatives				
Meat	<ul style="list-style-type: none"> Lean meats Preparation – baked, grilled, broiled or roasted Any that meet above requirements 	<ul style="list-style-type: none"> Medium Meats Preparation – baked, grilled, broiled or roasted 	<ul style="list-style-type: none"> High fat meats Preparation – battered, breaded or fried Chicken nuggets, chicken burgers, chicken fingers 	<p>¹Nutrient limits are per the serving size listed on the package. DV = "Daily Value"</p> <p>²Vending machine option</p> <p>³ Where allowed depending on peanut status of school.</p>
Ground Beef, Pork or Poultry	<ul style="list-style-type: none"> Extra-lean (less than 10% fat) or lean (10% - 17% fat) 	<ul style="list-style-type: none"> Medium (18% - 23% fat) 	<ul style="list-style-type: none"> Regular (24% - 30% fat) 	
Processed Meats		<ul style="list-style-type: none"> Protein – 18% or more ¹ Fat – 5% or less ¹ Lean luncheon meats without too much added fat and meat extenders: ham, turkey, roast beef, pastrami 	<ul style="list-style-type: none"> Protein – 18% or less ¹ Fat – 5% or more ¹ Highly processed meats with added fat and meat extenders: bologna, mock chicken, macaroni loaf, salami, pepperoni, kielbassa 	
Lunch Meats				
Bacon		<ul style="list-style-type: none"> Back bacon 	<ul style="list-style-type: none"> Side bacon 	
Wieners		<ul style="list-style-type: none"> Wieners: soy based alternatives 	<ul style="list-style-type: none"> Wieners: beef, pork or chicken 	
Soy-Based Meat Alternatives	<ul style="list-style-type: none"> Soy based meat-alternatives: veggie beef, chicken burger, veggie ground round 			
Fish	<ul style="list-style-type: none"> Preparation – baked, grilled, broiled, poached or roasted Fat – no added Any that meet above requirements Canned, packed in water 	<ul style="list-style-type: none"> Preparation – baked, grilled, broiled, poached or roasted Fat – added Canned, packed in oil 	<ul style="list-style-type: none"> Preparation – battered, breaded or fried Fat – added Fish sticks, fish burgers 	
Legumes	<ul style="list-style-type: none"> Dried peas, beans, and lentils (cooked) Hummus 			
Nuts and Nut Butters ³	<ul style="list-style-type: none"> Roasted soy beans ² Nuts, seeds, nut butters ³ Peanut butter made with no hydrogenated fat ³ 	<ul style="list-style-type: none"> Peanut butter with added sugar and fat ³ 	<ul style="list-style-type: none"> Corn nuts, oil roasted nuts 	
Eggs	<ul style="list-style-type: none"> Hard boiled, poached, scrambled (with minimal added fat) Liquid egg product: egg beaters 	<ul style="list-style-type: none"> Fried with added fat 		
Soy Products	<ul style="list-style-type: none"> Tofu: extra firm, medium firm, firm, regular, silken Dried bean curd 	<ul style="list-style-type: none"> Marinated Tofu: tofu-to-go, president's choice 		
Crackers, Snacks, Chips, and Other Snack Foods				
Crackers & Snacks	<ul style="list-style-type: none"> Whole grain Fat – 3g or less ¹ Whole wheat soda, rye flatbread, melba toast, rusks, crispbread, low fat stone wheat thins 	<ul style="list-style-type: none"> Whole grain or white flour Fat – 5g or less ¹ Regular soda, multigrain soda, rice cakes, rice crackers, snackwells, bitelife, wheat crisps, baked potato thins, triscuits 	<ul style="list-style-type: none"> White flour Fat – more than 5g ¹ Goldfish, ritz bits, 25% less fat ritz, cheese / peanut butter / s'more filled ritz, regular wheat thins, vegetable thins, breton varieties 	<p>¹Nutrient limits are per the serving size listed on the package. DV = "Daily Value"</p> <p>²Vending machine</p>
Crackers ²				

Appendix 1
Foods for School Cafeterias, Hot Lunch Programs and Vending Machines

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
Popcorn ²		<ul style="list-style-type: none"> Air popped, lightly seasoned, light microwave 	<ul style="list-style-type: none"> With oil / butter / sugar / cheese coating: smart foods cheese flavour 	option

Crackers, snacks etc. continued...

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
Pretzels ²		<ul style="list-style-type: none"> Pretzels 	<ul style="list-style-type: none"> Chocolate or cheese covered 	
Granola and Cereal Bars ²	<ul style="list-style-type: none"> <i>Nutrients – 5% DV for Iron and one B-vitamin ¹</i> <i>Fibre – 2g or more ¹</i> <i>Sugar – no added</i> 	<ul style="list-style-type: none"> <i>Nutrients – 5% DV for either iron or one B-vitamin ¹</i> <i>Fibre – 2g or more ¹</i> <i>Sugar – some added</i> Kellogg's: all-bran honey nut flavour bars, vector berry burst flavour (contains nuts and may contain traces of peanuts) ³ LeClerc vital chewy bars: strawberry, banana nut, apple crisp, fruit explosion LeClerc vital crunchy bars: roasted coconut, praline mix, oat and honey (some varieties contain nuts³) LeClerc sweet mornings cereal bars: raspberry, strawberry Our Compliments: oat n' honey crunchy granola bar 	<ul style="list-style-type: none"> <i>Nutrients – less than 5% DV for all nutrients ¹</i> <i>Fibre – 2g or less ¹</i> <i>Sugar – large amounts added</i> Hard chocolate chip, hard plain, soft chocolate chip / marshmallow, peanut butter chocolate covered Kellogg's: all-bran original, nutrigrain, special K bars President's Choice cereal bars: five fruit, strawberry, blueberry, raspberry General Mills nature valley crunchy granola bars, chewy trail mix bar, yogurt bar Quaker: chewy trail mix bar, chewy fruit n' crunch bar, oatmeal to go 	
Chips, Crisps, Puffs, etc.	<ul style="list-style-type: none"> <i>Fat – 3g or less ¹</i> <i>Sodium – 480 mg or less ¹</i> 	<ul style="list-style-type: none"> <i>Fat – 3g or less ¹</i> <i>Sodium – 480 mg or less ¹</i> Lays: baked originals, baked ruffles sour cream and cheddar ². Handi Foods: pita puffs ². 	<ul style="list-style-type: none"> <i>Fat – 3g or more ¹</i> <i>Sodium – 480 mg or more ¹</i> Chips – potato, corn, tortilla: sun chips, doritos, fritos, munchos, miss vickie's, maine coast, nachos Chips – apple, banana Baked chips and snacks: doritos, cheetos Puffs: corn, cheese Other snacks: hickory sticks, bugles, ringolos, onion rings Snack mixes: bits and bites, party mix, munchie mix, 	<p>¹Nutrient limits are per the serving size listed on the package. DV = "Daily Value"</p> <p>² Vending machine option</p>
Candy			<ul style="list-style-type: none"> Candy Gum Chocolate Marshmallows 	
Fruit flavoured gelatin			<ul style="list-style-type: none"> Gelatin desserts: jell-o Chewy fruit snacks: jubes, gummy bears, wine gums 	
Frozen Treats			<ul style="list-style-type: none"> Popsicles 	
Beverages				
Water ²	<ul style="list-style-type: none"> Water 			
Milk ²	<ul style="list-style-type: none"> <i>Fat – 2% MF or less ¹</i> <i>Sugar – no added</i> <i>Calcium – 15% DV or more ¹</i> <i>Vitamin D – 25% DV or more ¹</i> <i>Serving size – 250 mL</i> White milk 	<ul style="list-style-type: none"> <i>Fat – 3.3% MF or less ¹</i> <i>Sugar – added</i> <i>Calcium – 5-15% DV ¹</i> <i>Vitamin D – 25% DV or more ¹</i> <i>Serving size – 250 mL</i> White, chocolate or flavoured milks 	<ul style="list-style-type: none"> <i>Fat – 3.3% MF or more ¹</i> <i>Sugar – added</i> <i>Calcium – 5% DV or less ¹</i> <i>Vitamin D – 25% DV or less ¹</i> <i>Serving size – more than 250 mL</i> Cream ⁴ 	<p>¹Nutrient limits are per the serving size listed on the package. DV = "Daily Value"</p> <p>²Vending machine option</p>

Appendix 1
Foods for School Cafeterias, Hot Lunch Programs and Vending Machines

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
Milk Beverages ²		<ul style="list-style-type: none"> Hot chocolate made with milk Milkshakes: made with milk 2% MF or less, and lower fat ice cream 	<ul style="list-style-type: none"> Instant hot chocolate made with water, or with cream Milkshakes made in chocolate bar flavours: rolo, crispy crunch, milk mania Eggnog 	⁴ See notes on condiments below
Yogurt Beverages ²		<ul style="list-style-type: none"> Yop, petit danimals drinkable 		

Food Groups and Categories	Foods with Maximum Nutritional Value ALLOWED	Foods with Moderate Nutritional Value ALLOWED	Foods with Minimum Nutritional Value NOT ALLOWED	Notes
Smoothies	<ul style="list-style-type: none"> Smoothies made with yogurt or milk, 2% MF or less, and fruit 	<ul style="list-style-type: none"> Smoothies made with yogurt and milk, more than 2% MF, and fruit 	<ul style="list-style-type: none"> Smoothies made with yogurt and milk more than 2% MF, fruit, gelatin and added sugar: mixed jello smoothie 	
Soy or Rice Beverage Alternatives ²	<ul style="list-style-type: none"> <i>Fat – 3g or less¹</i> <i>Calcium – 15% DV or more¹</i> <i>Vitamin D – 25% DV or more¹</i> <i>Sugar – no added</i> <i>Serving size – 250 mL</i> Soy, rice or other alternative milks, plain 	<ul style="list-style-type: none"> <i>Fat – 4g or less¹</i> <i>Calcium – 5-15% DV¹</i> <i>Vitamin D – 25% DV or more¹</i> <i>Sugar – added</i> <i>Serving size – more than 250 mL</i> Soy, rice or other alternative milks, flavoured 	<ul style="list-style-type: none"> <i>Fat – 4g or more¹</i> <i>Calcium – 5% DV or less¹</i> <i>Vitamin D – 25% DV or less¹</i> <i>Sugar - added</i> <i>Serving size – more than 250 mL</i> 	
Fruit Juices and Fruit Flavoured Beverages ²	<ul style="list-style-type: none"> <i>Ingredients – 100% fruit</i> <i>Sugar – no added</i> <i>Serving size – 125-250 mL</i> 100% pure juices juice blends made from 100% pure juices 	<ul style="list-style-type: none"> <i>Ingredients – 100% fruit</i> <i>Sugar – no added</i> <i>Serving size – more than 250 mL</i> 100% pure juices and blends in packages larger than 250 mL. 	<ul style="list-style-type: none"> <i>Ingredients – less than 100% fruit</i> <i>Sugar – added</i> <i>Serving size – more than 250 mL</i> Fruit juice blends made with added sugar: tropicana, fruitopia, five alive, minute maid strawberry passion Punches, cocktails, and “ades”: lemonade, fruit punch, cranberry cocktail 	¹ Nutrient limits are per the serving size listed on the package. DV = “Daily Value” ² Vending machine option
Sport Drinks			<ul style="list-style-type: none"> Gatorade, powerade 	
Caffeinated Drinks			<ul style="list-style-type: none"> Tea, coffee, cappuccino, espresso Iced tea, coffees, etc. 	
Other Beverages			<ul style="list-style-type: none"> Slushies Pop, diet pop 	

Allergies:

Many schools in District 2 have a peanut free policy. All products should be individually verified for nut-free status in a school with a severe nut allergy. Other food allergies may need to be addressed depending on the needs of individual children at the school.

Fats and oils

Fats and oils are to be used in small amounts when necessary.

Preferred Fats and Oils	Less Preferable Fats and Oils
<ul style="list-style-type: none"> <i>Non-hydrogenated</i> <i>No trans fats</i> Canola oil Olive oil Other seed oils: corn, sunflower, safflower 	<ul style="list-style-type: none"> <i>Hydrogenated</i> <i>Trans Fats</i> <i>Coconut oil</i> <i>Palm kernel oil</i>

Condiments etc.

The following items, although low in nutrition, are usually eaten in small amounts. They may be offered in small portions as additions to complete meals:

- **Sweets:** sugar, syrup, honey, jam, jelly
- **Condiments:** ketchup, mustard, relish

Appendix 1

Foods for School Cafeterias, Hot Lunch Programs and Vending Machines

- **Fats:** butter, margarine, sour cream, cream cheese, gravy, mayonnaise, salad dressing, whipped cream