

## Food and Beverage In Our Schools Procedure

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| <b>Procedure Number:</b> | 5016a                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| <b>Procedure Owner:</b>  | Learning Support Services: School Operations<br>Operational Support Services: Business Services                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Effective Date:</b>   | 2000 September 1                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |
| <b>Amendment Dates:</b>  | 2008 December 16, 2011 September 01, 2011 December 20,<br>2024 November 4                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                |
| <b>EIE Review Date:</b>  | 2024 September 18                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |
| <b>Resources:</b>        | <ul style="list-style-type: none"> <li>• <i>Education Act</i>, R.S.O. 1990, c. E.2 <ul style="list-style-type: none"> <li>○ Ontario Regulation 200/08: Trans Fat Standards</li> </ul> </li> <li>• Health Protection and Promotion Act, R.S.O. 1990, c. H.7 <ul style="list-style-type: none"> <li>○ Ontario Regulation 493/17: Food Premises</li> </ul> </li> <li>• Policy/Program Memorandum 150: School Food and Beverage Policy</li> <li>• Canada Dietary Guidelines 2019. Health Canada</li> <li>• Ministry of Education School Food And Beverage Policy Quick Reference Guide 2010</li> <li>• TVDSB Healthy Schools Policy (5010)</li> <li>• TVDSB Supporting Students with Prevalent Medical/Health Conditions in Schools Policy (4020)</li> <li>• TVDSB Supporting Students with Prevalent Medical/Health Conditions in Schools Procedure (4020a)</li> <li>• TVDSB Decision Making Tool for District and School Initiatives and Events</li> </ul> |

- 1.1. This procedure was developed to comply with the policy directives included in TVDSB Policy 5016 as well as the School Food and Beverage Policy/Program Memorandum (PPM) 150.

## **2. Definitions**

- 2.1. **School Sanctioned Events** refers to events involving the sale of food or beverages.
- 2.2. **School Programs** refer to classroom-based programs that include the sale of food.

## **3. Objective of Procedure**

- 3.1. This procedure sets out the requirements, as outlined in PPM 150, for food and beverages sold within TVDSB Schools, at school events or programming.

## **4. School Food Nutrition Standards**

- 4.1. TVDSB Policy 5016 is based on Canada's Food Guide and PPM 150, which categorizes food into the following categories:
  - 4.1.1. Vegetables and Fruit;
  - 4.1.2. Grain Products;
  - 4.1.3. Milk and Alternatives;
  - 4.1.4. Meat and Alternative;
  - 4.1.5. Mixed Dishes – for products that contain more than one major ingredient (e.g., pizza, pasta, soup, salads, and sandwiches);
  - 4.1.6. Miscellaneous Items – for items that are to be used in limited amounts (e.g., condiments, sauces, dips, oils and dressings).
- 4.2. Food and beverages are further classified into “Sell Most,” “Sell Less” and “Not Permitted for Sale” based on specific nutrition criteria for each food group.
  - 4.2.1. Sell Most – Food that fits into this category are healthier options and generally have higher levels of essential nutrients and lower amounts of fat, sugar, and/or sodium.
    - 4.2.1.1. They must comprise at least 80 percent of all food and beverage choices offered for sale.

- 4.2.2. Sell Less – Compared to “Sell Most” products, these products may have slightly higher amounts of fat, sugar and/or sodium.
  - 4.2.2.1. They cannot make up more than 20 percent of all food and beverage choices offered for sale.
- 4.2.3. Not Permitted for Sale – These products generally contain few or no essential nutrients and/or high amounts of fat, sugar and/or sodium.
  - 4.2.3.1. Food and beverages in this category may not be sold in schools.
- 4.3. Depending on its nutritional value, a type of food (e.g., bread, meat, cheese) will fit in all three of the above categories. To determine whether a specific product may be sold in schools and its classification, it is necessary to read the information on the food label – particularly the Nutrition Facts table and the ingredient list – and compare this information with the nutrition criteria guidance included on page 6 of Appendix A and the following tables.
- 4.4. When determining the food that will be offered at school or during the ten (10) special event days, the *Decision Making Tool for District and School Initiatives and Events* should be used to ensure selections are as inclusive as possible

## **5. Beverage Standards in Schools**

- 5.1. Beverages sold in schools must comply with the same “Sell Most,” “Sell Less” and “Not Permitted for Sale” classifications as outlined in Section 4.2. Further guidance on beverages sold in schools is provided in Appendix A, as outlined below.
  - 5.1.1. Standards for beverages sold in elementary schools can be found on page 28 of Appendix A.
  - 5.1.2. Standards for beverages sold in secondary schools can be found on page 30 of Appendix A.
- 5.2. A beverage may fit in all three of the above categories depending on its nutritional value. To determine whether a specific product may be sold in schools and its classification, it is necessary to read the information on the food label—particularly the Nutrition Facts table and the ingredient list—and compare this information with the nutrition criteria guidance included on page 6 of Appendix A and the following

tables.

- 5.3. When determining the beverages that will be offered at school or during the ten (10) special event days, the *TVDSB Decision Making Tool for District and School Initiatives and Events* should be used to ensure selections are as inclusive as possible

## **6. List of Appendices**

- 6.1. Appendix A – Ministry of Education School Food And Beverage Policy Quick Reference Guide 2010

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*

This publication is available on the Ministry of Education's website at [www.ontario.ca/healthyschools](http://www.ontario.ca/healthyschools)

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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 ( $\geq 80\%$ )                                                                                                                                                                                                                                                                                                                                                    | Sell Less ( $\leq 20\%$ )                                                                                                                                                                                                                                                                                                                                               | Not Permitted for Sale                                                                                                                                                                                                                                           |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>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.</p> <p>Products in this category must make up <i>at least 80 per cent</i> of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.</p> | <p>Products in this category may have slightly higher amounts of fat, sugar, and/or sodium than food and beverages in the “<i>Sell Most</i>” category.</p> <p>Products in this category must make up <i>no more than 20 per cent</i> of all food choices and all beverage choices that are offered for sale in all venues, through all programs, and at all events.</p> | <p>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).</p> <p>Products in this category must not be sold in schools.</p> |

## 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.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/inl\\_flash-eng.php](http://www.hc-sc.gc.ca/fn-an/label-etiquet/nutrition/cons/inl_flash-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 % |

### % 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:

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

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

## 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<br>(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

| Food or Beverage          | Nutrition Standards – Group               | Nutrition Standards – Sub-Group          | Page Reference |
|---------------------------|-------------------------------------------|------------------------------------------|----------------|
| 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

| Food or Beverage     | Nutrition Standards – Group               | Nutrition Standards – Sub-Group          | Page Reference |
|----------------------|-------------------------------------------|------------------------------------------|----------------|
| 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

| Food or Beverage          | Nutrition Standards – Group               | Nutrition Standards – Sub-Group          | Page Reference |
|---------------------------|-------------------------------------------|------------------------------------------|----------------|
| 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

| Food or Beverage            | Nutrition Standards – Group               | Nutrition Standards – Sub-Group      | Page Reference |
|-----------------------------|-------------------------------------------|--------------------------------------|----------------|
| 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

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<br>and Fat: $\leq 3$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 360$ mg | Vegetable or fruit (or water) is the first item on the ingredient list<br>and Fat: $\leq 5$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 480$ mg | Sugar is the first item on the ingredient list<br>or Fat: $> 5$ g<br>or Saturated fat: $> 2$ g<br>or Sodium: $> 480$ mg |
| <b>Canned Tomatoes and Tomato-Based Products</b>             | Fat: $\leq 3$ g<br>and Sodium: $\leq 480$ mg                                                                                                                |                                                                                                                                                             | Fat: $> 3$ g<br>or Sodium: $> 480$ mg                                                                                   |
| <b>Vegetable and Fruit Chips</b>                             | Fat: $\leq 3$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 240$ mg                                                                               | Fat: $\leq 5$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 480$ mg                                                                               | Fat: $> 5$ g<br>or Saturated fat: $> 2$ g<br>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<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 240$ mg<br>and Fibre: $\geq 2$ g | Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 480$ mg                        | Saturated fat: $> 2$ g<br>or Sodium: $> 480$ mg                    |
| <b>Pasta, Rice, and Other Grains</b> | Fat: $\leq 3$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 240$ mg                                                               | Fat: $\leq 5$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 480$ mg | Fat: $> 5$ g<br>or Saturated fat: $> 2$ g<br>or Sodium: $> 480$ mg |
| <b>Baked Goods</b>                   | Fat: $\leq 5$ g<br>and Saturated fat: $\leq 2$ g<br>and Fibre: $\geq 2$ g                                                                   | Fat: $\leq 10$ g<br>and Saturated fat: $\leq 2$ g<br>and Fibre: $\geq 2$ g    | Fat: $> 10$ g<br>or Saturated fat: $> 2$ g<br>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<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 240$ mg                                  | Fat: $\leq 5$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 480$ mg | Fat: $> 5$ g<br>or Saturated fat: $> 2$ g<br>or Sodium: $> 480$ mg                                               |
| Cereals            | Whole grain is the first item on the ingredient list<br>and Saturated fat: $\leq 2$ g<br>and Fibre: $\geq 2$ g |                                                                               | Whole grain is <i>not</i> the first item on the ingredient list<br>or Saturated fat: $> 2$ g<br>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.<br>and Sodium: $\leq 360$ mg<br>and Calcium: $\geq 15\%$ DV | Sodium: $\leq 480$ mg<br>and Calcium: $\geq 15\%$ DV                       | Sodium: $> 480$ mg<br>or Calcium: $< 15\%$ DV                   |
| Milk-Based Desserts |                                                                                   | Fat: $\leq 5$ g<br>and Sodium: $\leq 360$ mg<br>and Calcium: $\geq 5\%$ DV | Fat: $> 5$ g<br>or Sodium: $> 360$ mg<br>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<br>and Sodium: $\leq 480$ mg                                      | Fat: $\leq 14$ g<br>and Sodium: $\leq 480$ mg | Fat: $> 14$ g<br>or Sodium: $> 480$ mg                                         |
| Deli (Sandwich) Meat                                   | Fat: $\leq 5$ g<br>and Sodium: $\leq 480$ mg                                       | Fat: $\leq 5$ g<br>and Sodium: $\leq 600$ mg  | Fat: $> 5$ g<br>or Sodium: $> 600$ mg                                          |
| Fish                                                   | Fat: $\leq 8$ g<br>and Sodium: $\leq 480$ mg                                       | Fat: $\leq 12$ g<br>and Sodium: $\leq 480$ mg | Fat: $> 12$ g<br>or Sodium: $> 480$ mg                                         |
| Eggs                                                   | Fat: $\leq 7$ g<br>and Sodium: $\leq 480$ mg                                       |                                               | Fat: $> 7$ g<br>or Sodium: $> 480$ mg                                          |
| Nuts, Protein Butters,<br>and Seeds                    | Not coated with candy,<br>chocolate, sugar, or yogurt<br>and Sodium: $\leq 480$ mg |                                               | Coated with candy, chocolate,<br>sugar, and/or yogurt<br>or Sodium: $> 480$ mg |
| Meat Alternatives, such<br>as Tofu, Beans, and Lentils | Fat: $\leq 8$ g<br>and Sodium: $\leq 480$ mg<br>and Protein: $\geq 10$ g           |                                               | Fat: $> 8$ g<br>or Sodium: $> 480$ mg<br>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><br>(e.g., frozen pizza, sandwiches, pasta, hot dogs) | Fat: $\leq 10$ g<br>and Saturated fat: $\leq 5$ g<br>and Sodium: $\leq 960$ mg<br>and Fibre: $\geq 2$ g<br>and Protein: $\geq 10$ g | Fat: $\leq 15$ g<br>and Saturated fat: $\leq 7$ g<br>and Sodium: $\leq 960$ mg<br>and Fibre: $\geq 2$ g<br>and Protein: $\geq 7$ g | Fat: $> 15$ g<br>or Saturated fat: $> 7$ g<br>or Sodium: $> 960$ mg<br>or Fibre: $< 2$ g<br>or Protein: $< 7$ g |
| <b>Soups</b>                                                        | Fat: $\leq 3$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 720$ mg<br>and Fibre: $\geq 2$ g                              | Fat: $\leq 5$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 720$ mg                                                      | Fat: $> 5$ g<br>or Saturated fat: $> 2$ g<br>or Sodium: $> 720$ mg                                              |
| <b>Side Dishes</b><br>(e.g., grain and/or vegetable salads)         | Fat: $\leq 5$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 360$ mg<br>and Fibre: $\geq 2$ g                              | Fat: $\leq 7$ g<br>and Saturated fat: $\leq 2$ g<br>and Sodium: $\leq 360$ mg                                                      | Fat: $> 7$ g<br>or Saturated fat: $> 2$ g<br>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<br>(Plain or Flavoured)  | Fat: $\leq 2\%$ M.F. or $\leq 5$ g<br>and Sugar: $\leq 28$ g<br>and Calcium: $\geq 25\%$ DV<br>and Container size: $\leq 250$ ml |                           | Fat: $> 2\%$ M.F. or $> 5$ g<br>or Sugar: $> 28$ g<br>or Calcium: $< 25\%$ DV<br>or Container size: $> 250$ ml |
| Yogurt Drinks                                          | Fat: $\leq 3.25\%$ M.F. or $\leq 3$ g<br>and Container size: $\leq 250$ ml                                                       |                           | Fat: $> 3.25\%$ M.F. or $> 3$ g<br>or Container size: $> 250$ ml                                               |
| Soy/Milk Alternative Beverages<br>(Plain or Flavoured) | Fortified with calcium and<br>vitamin D<br>and Container size: $\leq 250$ ml                                                     |                           | Unfortified<br>or Container size: $> 250$ ml                                                                   |
| Juices or Blends:<br>Vegetable or Fruit                | 100% juice, pulp, or purée<br>and Unsweetened/No sugar<br>added<br>and Container size: $\leq 250$ ml                             |                           | $< 100\%$ juice, pulp, or purée<br>or Sugar is in the ingredient list<br>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                                                                                             |
| Hot Chocolate                                                                                    | Fat: $\leq 2\%$ M.F. or $\leq 5$ g<br>and Sugar: $\leq 28$ g<br>and Calcium: $\geq 25\%$ DV<br>and Container size: $\leq 250$ ml |                           | Fat: $> 2\%$ M.F. or $> 5$ g<br>or Sugar: $> 28$ g<br>or Calcium: $< 25\%$ DV<br>or Container size: $> 250$ ml |
| Coffee and Tea                                                                                   |                                                                                                                                  |                           | All Coffee and Tea                                                                                             |
| Iced Tea                                                                                         |                                                                                                                                  |                           | All Iced Tea                                                                                                   |
| Energy Drinks                                                                                    |                                                                                                                                  |                           | All Energy Drinks                                                                                              |
| Sports Drinks                                                                                    |                                                                                                                                  |                           | All Sports Drinks                                                                                              |
| Other Beverages<br>(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<br>and Sugar: $\leq 28$ g<br>and Calcium: $\geq 25\%$ DV |                           | Fat: $> 2\%$ M.F. or $> 5$ g<br>or Sugar: $> 28$ g<br>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:<br>Vegetable or Fruit             | 100% juice, pulp, or purée<br>and Unsweetened/No sugar added                                |                           | $< 100\%$ juice, pulp, or purée<br>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                                                            |
| <b>Hot Chocolate</b>                                                                                    | Fat: $\leq 2\%$ M.F. or $\leq 5$ g<br>and Sugar: $\leq 28$ g<br>and Calcium: $\geq 25\%$ DV |                                          | Fat: $> 2\%$ M.F. or $> 5$ g<br>or Sugar: $> 28$ g<br>or Calcium: $< 25\%$ DV |
| <b>Coffee and Tea</b>                                                                                   |                                                                                             | Decaffeinated                            | Caffeinated                                                                   |
| <b>Iced Tea</b>                                                                                         |                                                                                             | Calories: $\leq 40$<br>and Decaffeinated | Calories: $> 40$<br>or Caffeinated                                            |
| <b>Energy Drinks</b>                                                                                    |                                                                                             |                                          | All Energy Drinks                                                             |
| <b>Sports Drinks</b>                                                                                    |                                                                                             |                                          | All Sports Drinks                                                             |
| <b>Other Beverages</b><br>(e.g., soft drinks; flavoured water; “juice-ades”, such as lemonade, limeade) |                                                                                             | Calories: $\leq 40$<br>and Caffeine-free | Calories: $> 40$<br>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.



Printed on recycled paper

ISBN: 978-1-4435-2691-3 (Print)

ISBN: 978-1-4435-2692-0 (PDF)

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