

The Fun Food Resource for Elementary Schools

A Guide to Offering Better Nutrition at School

and

For Organizing A Fun Food Event



May 2008

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Introduction March 2008

Dear Parent Advisory Committee Representative;

Health experts, parents and educators are increasingly concerned about the number of overweight and obese children in Canada. As adults, we all have a role to play to ensure that our children learn and practice healthy eating and active living. This resource is intended to provide guidance for planning, choosing and preparing healthier, fun and safe food for everyone.

The district would like to acknowledge Julie Stephenson and the Parent Advisory Councils in the Surrey School District for their leadership and assistance in the preparation of this resource.

Nutrition and Children

Growing Concerns:

The healthy eating and physical activity choices that children and their families make everyday have potentially life-long consequences. Good nutrition and active living are essential for optimal growth and development.

Since 1981, the number of overweight and obese Canadians – both children and adults has increased dramatically. Statistics Canada recently published study data identifying that in children aged 2 to 11 years old, approximately 38% of boys and 34% of girls are overweight.¹ Health professionals are concerned that Canadian children are on the brink of a health crisis both now and in their adult futures.

In addition, recent nutrition studies have revealed that most Canadian children do not consume enough milk products, or fruits and vegetables to meet their minimum nutritional requirements to achieve optimum health.

Future Health Consequences

Poor nutrition may result in serious health consequences as well as reduced ability to concentrate on learning at school.

In addition, overweight and obesity are associated with the development of chronic diseases, such as diabetes, high blood pressure and heart disease. These diseases, more commonly thought of as diseases found primarily in older adults, are now being diagnosed in school-aged children.

Healthy Weights for Children

Children, like adults, come in different body shapes and sizes, with normal variation in the range of healthy weights. As children grow older, their amount of body fat changes. Especially in the pre-adolescent years, it is anticipated that children will put on body fat to prepare for growth. The proportion of body fat for boys and girls is naturally different, and this difference increases as they mature (girls having more).

Healthy weights for children are assessed using the Body Mass Index for Children (BMI). Parents who are wondering about their child's weight should contact their family doctor for assessment and advice.

¹ The National Longitudinal Survey of Children and Youth: Childhood Obesity, Human Resources Development Canada, available at <http://www.statcan.ca/Daily/English/021018/d021018b.htm>

Basic Recommendations: Canada's Food Guide to Healthy Eating

This important tool provides Canadians with the essential information they need to eat a healthy diet. Each of the four food groups of Canada's Food Guide makes an important contribution of vitamins, minerals, protein and energy and recommends the number of servings (and portion sizes) from each food group for each day.

The amount of food each individual requires every day from the four food groups and other foods depends on age, body size, activity level, gender and whether the individual is pregnant or breast-feeding. Canada's Food Guide gives recommended number of servings for each food group by age and/or sex. For example, young children need a lower number of servings, while active teenage boys need a higher number of servings. Choosing the appropriate number of servings from each food group provides a balanced diet, essential for good health.

A copy of Canada's Food Guide to Healthy Eating has been included at the end of this resource. This guide and a wealth of reliable nutrition information are available at Health Canada's website http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/food_guide_rainbow_e.html and at the Dietitians of Canada website, <http://www.dietitians.ca/>.

Moving Forward

Improving nutrition for children means offering and encouraging trial of foods from each of the four food groups, selecting foods prepared with less fat, salt and added sugar, and thoughtful consideration of appropriate portion sizes.

As parents and educators, we all need to model healthy living habits by making healthy food choices and participating in daily physical activity.

It is important for students to see that the nutrition education they receive in school is reflected in the choices that are made in their everyday life.

The Fun Food Resource is a first step to providing better choices for students, implementing the Guidelines for Food and Beverage Sales in BC Schools by January 2008 (elementary schools) and by September 2008 (secondary schools).

Guidelines for Food and Beverage Sales in BC Schools

The Guidelines divide food into four groups according to their ingredients.

- *Not Recommended*
- *Choose Least*
- *Choose Sometimes*
- *Choose Most*

Using these guidelines, the foods and beverages sold at schools must consist of at least 50% *Choose Most* foods and up to 50% *Choose Sometimes* foods.

Foods that are very high in fat, sugar and salt are rated *Not Recommended* or *Choose Least* and are NOT allowed.

These guidelines apply to everyone selling food on site at a school where students are the immediate customers, including:

- School stores
- Vending machines
- Cafeterias
- Sports events
- Fundraisers
- Community events

Examples of *Choose Most* and *Choose Sometimes* foods selected from the brand name list are included at the end of this resource.

While the Guidelines are written to be as inclusive as possible, sometimes it's easier to think of what does *not* fit in the *Choose Sometimes* or *Choose Most* categories:

FOODS THAT DO NOT FIT THE GUIDELINES

These foods are rated *Not Recommended* or *Choose Least* and should not be sold in schools.

- Soft drinks and sports drinks
- Fruit drinks made with less than 100% fruit juice (e.g. fruit punches and cocktails)
- Pastry, tarts, pies and similar pastries, doughnuts
- Cookies and baked goods with more sugar than flour
- Cookies and baked goods with icing and/or icing filling, chocolate chips, marshmallows and/or candy.
- Candy
- Sugar-coated popcorn
- Chocolate and chocolate bars
- Fruit snacks (made with added sugar)
- Processed cheese spread and processed cheese slices.
- *Fried Foods* of any kind, including *Fried Potato Chips*, *Fried French Fries*, *Fried Onion Rings*
- Instant Noodle Soups and commercial soups (unless low sodium)
- Pizza with extra cheese and/or meat toppings
- Extra salad dressing, mayonnaise or rich sauces

Please note: This is not a complete list.

Please consult brandnamefoodlist.ca for more information about the rating for a specific food.

Looking for Help?

To rate a pre-packaged food or beverage, go to www.brandnamefoodlist.ca , log in and enter the information from the packaging as requested.

- Call Dial-A-Dietitian at 604-732-9191.
- To learn more about nutrition labeling and shopping, try www.healthyeatingisinstore.ca, a joint project of the Canadian Diabetes Association and Dietitians of Canada.
- www.actnowbc.com provides information on healthy living for British Columbians.

Sample Menus

1. Plan the menu to offer at least 50% *Choose Most* foods and up to 50% *Choose Sometimes* foods.
2. The sample menus that follow do not consider food allergies or other restrictions that you may have to deal with at your school. Please check the Food Safety section for food allergy information.
3. The rating for each particular food or for a food item from a franchised outlet should be confirmed using brandnamefoodlist.ca. The ratings listed in the menus below will vary from brand to brand.

Hot Dog Day:

Beef or Turkey or Vegetarian Hot Dog with a whole wheat or whole grain bun. (*Choose Sometimes*)

Tiny tomatoes (*Choose Most*)

100% Juice Box (*Choose Sometimes*)

100% Dried Fruit Bar (*Choose Most*)

Pizza Day:

Cheese or Vegetarian Pizza slice (1/10 of a 14" pizza) whole wheat crust (*Choose Sometimes*)

Cucumber sticks and low fat Ranch Dressing (*Choose Most*)

2% (*Choose Most*) or Chocolate Milk (*Choose Sometimes*) carton

Frozen Yogurt Tube (*Choose Sometimes*)

Nutrition Tip: Choose tubes with the lowest amount of fat and added sugar.

Submarine Sandwich Day:

Small Turkey and Cheese Sub with lettuce and salad dressing (*Choose Sometimes*) or Small Veggie Sub (*Choose Most*)

Nutrition Tip: Add vegetables like cucumber, lettuce, tomatoes or peppers to each sub. Choose whole grain or whole wheat rolls.

Baked Nacho Chips (*Choose Sometimes*)

Bottled Water (*Choose Most*)

Small bunch of seedless grapes (*Choose Most*)

Hamburger Day:

Hamburger, Cheeseburger (lean beef, natural cheese slice) (*Choose Sometimes*)

Nutrition Tip: Serve on wholegrain or whole wheat buns.
Serve with lettuce and tomato.

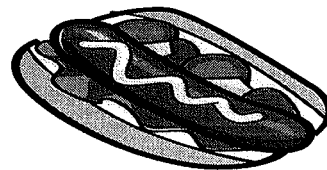
Mini-carrots (*Choose Most*) with low fat Ranch Dressing
Portion 2% Milk (*Choose Most*)
Chocolate Milk (*Choose Sometimes*)
Carton Crisp Apple Slices (*Choose Most*)

Wrap Day:

Whole wheat tortilla with Chicken, lettuce and other vegetables (*Choose Most*)
100% Fruit Juice blend (*Choose Sometimes*)
Small Zero Trans Fat Oatmeal Raisin cookie (*Choose Sometimes*)

Sports Day:

Pizza Pretzel (*Choose Sometimes*) with Cheese String (*Choose Most*)
Real Fruit Smoothie (*Choose Sometimes*)
Frozen 100% Fruit Bar (*Choose Sometimes*) or Watermelon Slice (*Choose Most*)



FOOD SAFETY

Overview:

For the health of every participant, safe preparation and service of all foods is of vital importance.

By law in the province of British Columbia, a Health Permit is required for events where potentially hazardous foods are offered to the public. Fraser Health has advised that a temporary health permit will **not** be required if an elementary school PAC group either:

- Purchase foods from an approved food premises, provided that the food is transported safely and served within two hours of preparation, or
- Prepares or serves food for functions or gatherings that are limited to the students and invited guests.

When a PAC group offers the food to the community, where people outside of the school have access to the event, the organizer should contact Fraser Health (604-918-7683) to determine whether an application for a temporary food permit will be required. If a permit will be required, instructions on obtaining an application and a sample application are included in this resource.

There are specific instructions on how **all** food events are to be managed and it is essential that all volunteers for such events understand and then follow these instructions to ensure food safety.

- Develop and follow a food safety plan for each perishable food item (an example of a food safety plan is included as part of the sample application for a temporary food permit on page 17 of this document).
- At least one food handler (and as many volunteers as possible) who will be working with food must have successfully completed FOODSAFE Level I, the provincial training program in basic food safety. A number of secondary schools in the Burnaby school district offer this course to students as well. PAC groups are encouraged to contact the administrator in their school to determine whether a student with FOODSAFE 1 training from a secondary school in their neighbourhood would be willing to volunteer for their event.

FOODSAFE 1, an 8-hour course, is also available through Burnaby Continuing Education (604-664-8888) and costs approximately \$55 or through the Fraser Health Authority (604-918-7683) at a cost of about \$60.

- Food should only be purchased from approved food premises (grocery stores, wholesalers, etc.) with valid operating permits and records must be kept of where foods used for the event were purchased.
- Care must be taken to maintain safe food temperatures at every step, from the producer, to food preparation and delivery to the participants. Responsible vendors will be able to provide you with information about how they will maintain proper food temperatures throughout each step of the process, including food preparation, holding once the food is prepared, and delivery.

- Volunteers must ensure that all perishable foods are served within 2 hours from the time of preparation unless adequate equipment is available on site to maintain the food at temperatures either below 4 degrees C (40 degrees F) or above 60 degrees C (140 degrees F).
- Ensure that there is adequate hand washing facilities close by.
- All basic food safety principles that follow must be in place at every event that involves preparation and service of food in elementary schools.

Websites that offer valuable information about food safety include:

www.fightbac.org a service provided by the Partnership for Food Safety Education
www.homefoodsafety.org supported by the American Dietetics Association and Con-Agra Foods

FOODSAFE <http://www.foodsafe.ca/>

BASIC FOOD SAFETY PRINCIPLES

CLEAN

Wash Hands Often

Clean surfaces like countertops, cutting boards and utensils with hot soapy water; sanitize with a chlorine bleach solution (20 ml (4 teaspoons) unscented household bleach in 4 liters of warm tap water) prior to and at the completion of the work.

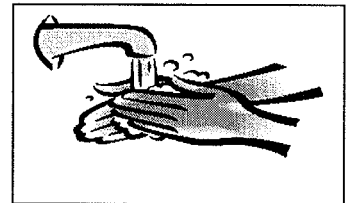
- Chlorine bleach solution can lose it's strength if dirty cloths are being soaked, so make new bleach solution several times throughout the event
- Use disposable paper towels whenever possible.
- If using cloths:
 - Start with a clean cloth or dishtowel
 - Sanitize with chlorine bleach solution
 - At the end of day, wash cloths in the hot cycle of your washing machine
 - Don't use sponges in the kitchen. (Bacteria love to live and grow in damp conditions.)
- Use disposable dishes and cutlery unless a commercial dishwasher is available for use in your school.

If a dishwasher is not available, a four step method (Wash/Rinse /Sanitize/Air dry) should be followed. Wash items like serving utensils, cutting boards, mixing bowls in hot soapy water, rinse off the soap, sanitize in a bleach solution and let air dry.

SEPARATE

Prevent cross-contamination by:

- Using separate plates for raw foods.
- Using clean scissors to open bags of food.
- Having separate people handle cash from those working with food.
- Avoid direct bare hand contact with food as much as possible.
- Wear clean food-grade gloves if you have a cut on your hand.



HANDWASHING TIPS

- Wash hands often. Wet your hands with warm water, add soap and lather/scrub for 20 to 30 seconds (sing Happy Birthday twice!).
- Remember to wash between fingers and under fingernails using a nail brush.
- Rinse with warm, clean, running water.
- Dry hands with disposable paper towels.

KEEP COLD FOODS COLD

Refrigerate perishable foods promptly below 40 degrees F (4 degrees C)

- When purchasing items for the event, do the grocery shopping last, and transport the food in coolers.
- Never thaw food at room temperature. Thaw food in the refrigerator, in cold running water, or in the microwave if you'll be cooking it immediately.
- Don't overfill the refrigerator, cold air needs room to circulate to keep food safe.
- Keep all perishable foods chilled below 40 degrees F (4 degrees C) right up until serving time by refrigerating it or by using ice packs in bins/coolers.
- Check temperature with a food thermometer.

KEEP HOT FOODS HOT

- Prepare food quickly and serve immediately.
- Cook to proper temperatures; internal temperatures of hamburger patties and hot dogs must be 165 degrees F (74 degrees C). Use a food thermometer to check temperatures.

FOOD ALLERGIES

For some people food allergies can be life threatening, for others allergic reactions cause considerable discomfort. For that reason, it is essential that you have a clear understanding of which children may be allergic at your event and to plan accordingly..

If you suspect you or someone in your family has a food allergy, it is important to have it properly diagnosed by a medical doctor so that treatment can be undertaken and everyone involved can learn about the precautions that must be taken.

What Exactly Is A Food Allergy?

People with food allergies have an unusually sensitive immune system. Eating, touching or, in some cases, even smelling an allergen (usually a protein from the food in question) causes the

person's own antibodies to rush into action to attack the foreign substance. This can cause swelling and irritation in certain parts of the body.

Every allergic reaction can be serious; peanut, tree nut and shellfish allergies are among the most life-threatening as they often affect breathing. The symptoms may become more severe each time an allergic child is exposed to that particular food product.

Foods that "may contain" a known allergen, such as peanuts or eggs for example, must never be served to anyone with that food allergy. If the food does happen to contain an allergen, the person's reaction may be serious.

It is also very important to be careful not to make a "safe" food unsafe by cross contaminating it. An example of this is making a cheese sandwich for a child with a peanut allergy on the same cutting board where peanut butter sandwiches were made.

Common Symptoms Of Food Allergy Include:

- Swelling in the lips, throat, tongue or face
- Hives or rash
- Coughing, wheezing or difficulty breathing
- Stomach cramps, diarrhea and other intestinal symptoms

For more information about food allergies, the Canadian Food Inspection Agency's website is a good resource at www.eatwelleatsafe.ca/inhome/allergens.htm as is the Anaphylaxis Network at www.anaphylaxis.org.

Planning A Fun Food Day: How To Protect Students With Food Allergies.

In Advance:

- Ask the Principal what food allergies should be considered in planning the menu. Some classrooms may be designated as "Peanut/Nut-free" or "other allergen free" and may require special consideration. Note: It may not be possible to offer a menu that all children can safely enjoy.
- Work with vendors/restaurants/suppliers that can provide a complete list of food ingredients. Tip: Manufacturer labels are a good source of ingredient information.
- Explain the food allergy risk(s) that you are managing. Be sure all those involved understand what is required, and what is necessary to prevent any inadvertent contamination in the food preparation process.

On the Order Form for Students:

- Be safe. If you aren't 100% sure of the food's ingredients, don't offer it.
- Consider limiting the number of choices offered to reduce the number of possible food allergens. (Note: This may also simplify the distribution to students.)
- If serving a menu item with peanuts and/or tree nuts, say so, and offer an alternative. For example:
 - Oatmeal walnut cookie (contains nuts, may contain peanuts)
 - Frozen yogurt tube (peanut and nut free)

Tip: One PAC adds this note to the Fun Food Order Form: "Our supplier can't guarantee that this dessert (a plain cookie) is peanut/nut free, so we offer choice # 2 (a frozen

yogurt tube) as an alternative dessert.”

- Include a PAC contact name and number for parents with questions about food and food allergies to call on the Order Form.
- Provide a space on each order form for parent’s signature to be sure that they have reviewed the order for their child’s safety and are giving their permission for the event.

Placing the Order:

- Provide your completed order in writing to the food provider, including a statement about which foods must be allergen-free.
- Insist that the supplier contact you at least one day in advance, for your approval, if any items need to be substituted.

Distribution to Students:

- Check your order carefully as soon as you receive it. Ensure that the products ordered have been received and clearly labeled and packaged separately (allergy free).

Designate one person to assemble and distribute foods for children with potentially life-threatening food allergies, so that you can be sure that each order is correct. Politely remind children not to trade food items.

If a student appears to be having any adverse reaction to a food or substance, alert school staff immediately. Emergency medical treatment may be necessary.

FUN FOOD EVENT CHECKLIST

At Least 4 Weeks In Advance

- Set up a committee & determine scope of event
- How many people will participate?
- Is this a fundraiser or a fun day? Or both?
- How many volunteers will be required and are available?
- Confirm the date and nature of event with Principal

Plan a menu, considering the event, the number of volunteers available, etc.

If using a restaurant/caterer, confirm that they have a Permit to Operate a Food Premises that allows them to transport food off-site, and will be using suitable insulated containers to maintain proper food temperatures.

Designate someone with Food Safe I to supervise and coordinate food preparation.

Complete a Temporary Health Permit Application **only** if guests from outside the school community will be served at the event and fax to Fraser Health Authority.

At Least Two Weeks Prior To The Event

Create a list of equipment needed (BBQs, electrical cords, coolers, tables)

One To Two Weeks Before The Event

- Designate the set up crew, food handlers, cash sales people, clean-up team, as needed
- Hold a volunteer training meeting
- Appoint those with experience as leaders of designated areas
- Leaders should be easily identifiable (vests, aprons)
- Assign duties. Provide a brief written overview, if possible
- Create a list of food and paper supplies required.
- Purchase food thermometer and disposable plastic (not latex) gloves for food handlers
- Purchase cleaning supplies (dish detergent, household bleach for sanitizing solution, gloves, cleaning cloths, paper towels, hand soap, buckets, etc.) Ask the Principal to proofread notice/advertisement of event.
- clean and sanitize the refrigerator
- Ask the Principal to proofread notice/advertisement of event.

- Distribute notice/advertisement of the event.

The Day of Event

- Post health permit if required
- Check to see there is adequate supply of paper towels and soap
- Instruct all food handlers to wash their hands
- Ensure all equipment to be used is cleaned and sanitized prior to use.
- Sanitize food preparation surfaces and counter tops
- check refrigeration temperature (air temperature below 4 °C / 40 °F)
- Check and record food temperatures:
 - As soon as the food is received
 - During cooking (unless prepared for you by a restaurant/caterer who will be responsible for this step).

Essential Food Temperatures

To maintain food safety,

- Hot food must be greater than 165 °F (74 °C) at final cooking step.
- Hot food must be held at 140 °F (60 °C) or greater.
- Cold food must be 40 °F (4 °C) or lower.

Perishable foods held between 4 °C and 60 °C for 2 hours or longer must be discarded.
For more information about food safety, please contact:

Fraser Health Authority, #300 4946 Canada Way, Burnaby, B.C. V5G 4H7 604-918-7683

SAMPLE FOOD PERMIT APPLICATIONS

Should your event require a temporary food permit, a sample application for a Hot Dog Day and a blank application form are provided at the end of this booklet to assist you. **Please note: The completed application form, with the *details of your event*, is submitted to Fraser Health.**

More information and application forms can be obtained by calling the Fraser Health Authority at 604-918-7683 or applications can be downloaded at <http://www.fraserhealth.ca/HealthInfo/PublicHealth/HealthProtection/FoodEstablishmentClosures.htm> (click on **Operating Permit**).



APPLICATION FOR APPROVAL OF TEMPORARY FOOD PREMISES

Person in Charge:		Organization:	
Mailing Address:		City:	Postal Code:
Contact Phone #:	Alternate Phone #:	Fax #:	
Event: SAMPLE HOT DOG DAY			
Location:			
Date(s):		Hours of Operation:	

1. **Where** will food be prepared? Check (✓) all that apply.

<input checked="" type="checkbox"/> At the event.	<input type="checkbox"/> At an approved restaurant/kitchen?	<input type="checkbox"/> No food preparation required.
<input type="checkbox"/> Other – Describe:		(Complete the rest of the application
(Complete ALL remaining items on this application)		EXCEPT for sections 5,6, and 7)

2. Please describe the **food equipment** you will be using to:

<u>Check (✓) all that apply.</u>	<u>Provide equipment details for all checked items.</u>
✓ Transport food.	<u>Purchased at nearby grocery store, transported directly to the school (within one hour or less). All perishables will be transported in coolers at temperatures of 4C (40F) or less.</u>
✓ Prepare raw foods.	<u>Knife, cutting board, tongs, forks</u>
✓ Prepare ready to eat food.	<u>none</u>
✓ Cook food.	<u>Domestic stove, large pot.</u>
✓ Refrigerate foods.	<u>Refrigerator at the school, insulated coolers with ice if needed. All product will be held at below 4C (40F)</u>
✓ Hot-hold foods.	<u>Hot dogs assembled and distributed to classrooms as quickly as possible. Less than 1 hours holding in warm oven.</u>
✓ Measure food temperature.	<u>Probe thermometer</u>
✓ Protect food from contamination.	<u>Vinyl gloves (disposable), hand washing with soap, water and disposable paper towels</u>

3. Please describe the **equipment and materials** you will provide:

Check (✓) all that apply.

Provide equipment details for all checked items. (a separate floor plan is advisable)

✓ To wash/sanitize utensils.

2 sinks, the first with hot water and detergent, the second with warm water and 20 mls household unscented bleach per 4 liters of water

✓ For hand washing.

sink, hot water, hand soap, disposable paper towels

- ✓ To supply potable water. Municipal water supply
- ✓ To contain wastewater. Municipal sewage connection
- ✓ To contain garbage. School Garbage cans
- ✓ For flooring. Linoleum
- ✓ To protect work surfaces. (tent, umbrella etc) All preparation to be done in the school kitchen (indoors)

4. For each proposed menu item indicate where the food was obtained (source). If the food requires any preparation **after being obtained**, please indicate which category (offsite/no cooking/cooking) applies from the Chart in Item 5.

MENU ITEM	SOURCE OF INGREDIENTS/MENU ITEMS	OFFSITE/NO COOKING/COOKING
Wieners	Grocery Store	Boiled to a minimum of 74 degrees C.
Hot Dog Buns	Grocery Store	No cooking
Portion or Pump Dispenser Condiments (catsup, mustard, relish)	Grocery Store	No cooking
Single Serving Potato Chips		No cooking
Watermelon Slice	Grocery Store	Wash fruit and cut into slices the morning of the event, and held in coolers with icepacks or refrigerator to keep temperature at 4 degrees C or less. Volunteer to hand slice directly to each child using tongs or disposable vinyl gloves to prevent contamination.
BEVERAGES		SOURCE
2% or Chocolate milk cartons	Delivered to School by Home Delivery Company	See the Food Safety Plan Chart (next section) before deciding which category applies.
100% juice boxes	Grocery Store	

5. If you are supplying only pre-packaged food from an approved source, proceed to Item 8. Otherwise, you must have a **Food Safety Plan**. Review the following chart and check (✓) all that apply:

TEMPORARY EVENT: FOOD SAFETY PLAN CHART		
<input type="checkbox"/> PREPARATION OFF-SITE	PREPARATION ON-SITE	
	✓ NO COOKING	✓ COOKING
RECEIVING From approved restaurant/kitchen.	RECEIVING From approved supplier.	RECEIVING From approved supplier.
TRANSPORT (CCP1) Hot: 60 °C or above. Cold: 4 °C or below.	TRANSPORT (CCP1) Cold: 4 °C or below.	TRANSPORT (CCP1) Cold: 4 °C or below.
STORAGE AT EVENT (CCP1) Hot: 60 °C or above. Cold: 4 °C or below ↓	STORAGE AT EVENT (CCP1) Cold: 4 °C or below.	STORAGE AT EVENT (CCP1) Cold: 4 °C or below.
	PREPARATION (CCP2) Prepare small amounts at a time. Thorough hand washing, good hygiene. Use sanitized equipment and utensils.	PREPARATION (CCP2) Prepare small amounts at a time. Thorough hand washing, good hygiene. Use sanitized equipment and utensils.
	COLD-HOLDING (IF APPLICABLE) (CCP1) 4 °C or below ↓	COOKING (CCP3) 74°C unless specified otherwise. Identify length of time required to heat wieners in boiling water to 74C. On day of event, boil wieners for (X) minutes until the internal temperature reaches a minimum of 74C

	<div style="border: 1px solid black; padding: 2px; display: inline-block;"> HOT-HOLDING (IF APPLICABLE) (CCP1) 60 °C or above </div>
SERVING	
<ul style="list-style-type: none"> ☞ All foods must be protected from contamination. ☞ Minimize the time between preparation and service. ☞ Foods to be dispensed using sanitized utensils only. 	<ul style="list-style-type: none"> ☞ Limit situations where customers can self-serve. ☞ Provide single-use condiment packets or pump-style dispensers. ☞ Staff should handle either money or food, not both.

CCP indicates that this is a **Critical Control Point**, and special care must be taken to ensure that temperature **limits** and safe handling procedures are followed. For each CCP, temperatures must be **monitored** using a probe thermometer. If the limits are not met, you must take **corrective action** as follows:

↳CCP1 Discard the food product if the temperature limit has been exceeded by more than 2 hours total.

↳CCP2 Discard the food product if there is any possibility that it has been contaminated or improperly handled.

↳CCP3 Continue to cook the food item until the required temperature is met.

The Food Safety Plan Chart on this application form is for premises with minimal food preparation or non-potentially hazardous foods. A more detailed plan may be required at the discretion of the PHI.

6. Complete the **Sanitation Plan** below and check (✓) all that apply. If necessary, provide additional information on a separate page.

SANITATION PLAN		
Items to be cleaned/sanitized	How often?	Procedure (include chemical concentrations where applicable)
✓ Food preparation surfaces	Before, during, and after	✓ Clean with <u>Hot, soapy water & rinse</u> ✓ Sanitize with <u>Bleach solution (20 ml unscented household bleach/ 4 litres of warm water)</u>
✓ Utensils, equipment	Before, during, and after	✓ Wash with <u>Hot, soapy water & rinse</u> ✓ Rinse with <u>Hot water</u> ✓ Sanitize with <u>Bleach solution (20 ml unscented household bleach/ 4 litres of warm water)</u>
✓ Hands	Before, after using the washroom or smoking	✓ Wash with <u>Hand Soap & running water</u> ✓ Dry with <u>Disposable paper towels</u> <u>Hand washing will occur whenever hands become contaminated e.g. after handling garbage or money, using the washroom</u>
How will you dispose of wastewater?		Municipal sewage connection.
How will you dispose of garbage?		School district pick up.
What toilet facilities will be available for the staff?		School washrooms

7. At least one person with **FOODSAFE training** must be present on-site at all times. Copies of certificates must be submitted with your application.

FOODSAFE CERTIFICATION	
Name(s) of Person(s) holding a FOODSAFE Certificate who will be on site during the event.	Date FOODSAFE Certificate was Issued

8. Please ensure that you have completed the required sections in as much detail as possible. **Incomplete information could delay processing of your application.**

THE INFORMATION I HAVE PROVIDED IS COMPLETE AND ACCURATE TO THE BEST OF MY KNOWLEDGE. I FURTHER AGREE TO COMPLY WITH THE PROVISIONS OF THE *FOOD PREMISES REGULATION* (BC REG 210/99) AND ANY REQUIREMENTS OF THE FRASER HEALTH AUTHORITY.

Date of Application	Print Name	Signature

**FOOD PREMISES CANNOT OPERATE WITHOUT APPROVAL FROM THE HEALTH AUTHORITY
THIS APPLICATION FORM IS DUE AT LEAST 14 DAYS PRIOR TO THE EVENT.**

RETURN THIS APPLICATION TO:

Fraser Health Authority
Health Protection
#300 4946 Canada Way
Burnaby, B.C. V5G 4H7
Fax: 604-918-7683

<i>For Office Use Only</i>	
<input type="checkbox"/> Approved	<input type="checkbox"/> Rejected
_____ PHI Signature	_____ Date

APPLICATION FOR APPROVAL OF TEMPORARY FOOD PREMISES

Burnaby School District - 41



Person in Charge:		Organization:	
Mailing Address:		City:	Postal Code:
Contact Phone #:	Alternate Phone #:	Fax #:	
Event:			
Location:			
Date(s):		Hours of Operation:	

1. **Where** will food be prepared? Check (✓) all that apply.

<input type="checkbox"/> At the event.	<input type="checkbox"/> At an approved restaurant/kitchen?	<input type="checkbox"/> No food preparation required.
<input type="checkbox"/> Other – Describe: _____		(Complete the rest of the application)
(Complete ALL remaining items on this application)		EXCEPT for sections 5,6, and 7

2. Please describe the **food equipment** you will be using to:

Check (✓) all that apply.

Provide equipment details for all checked items.

☐ Transport food.

☐ Prepare raw foods.

☐ Prepare ready to eat food.

☐ Cook food.

☐ Refrigerate foods.

☐ Hot-hold foods.

☐ Measure food temperature.

☐ Protect food from contamination.

3. Please describe the **equipment and materials** you will provide:

Check (✓) all that apply.

Provide equipment details for all checked items. (a separate floor plan is advisable)

☐ To wash/sanitize utensils.

☐ For hand washing.

☐ To supply potable water.

☐ To contain wastewater.

☐ To contain garbage.

☐ For flooring.

☐ To protect work surfaces.
(tent, umbrella etc)

4. For each proposed menu item indicate where the food was obtained (source). If the food requires any preparation **after being obtained**, please indicate which category (offsite/no cooking/cooking) applies from the Chart in Item 5.

MENU ITEM	SOURCE OF INGREDIENTS/MENU ITEMS	OFFSITE/NO COOKING/COOKING
BEVERAGES	SOURCE	

See the Food Safety Plan Chart
(next section) before deciding
which category applies.

5. If you are supplying only pre-packaged food from an approved source, proceed to Item 8. Otherwise, you must have a **Food Safety Plan**. Review the following chart and check (✓) all that apply:

TEMPORARY EVENT: FOOD SAFETY PLAN CHART		
<input type="checkbox"/> PREPARATION OFF-SITE	<input type="checkbox"/> PREPARATION ON-SITE	
	<input type="checkbox"/> NO COOKING	<input type="checkbox"/> COOKING
RECEIVING From approved restaurant/kitchen.	RECEIVING From approved supplier.	RECEIVING From approved supplier.
TRANSPORT (CCP1) Hot: 60 °C or above. Cold: 4 °C or below.	TRANSPORT (CCP1) Cold: 4 °C or below.	TRANSPORT (CCP1) Cold: 4 °C or below.
STORAGE AT EVENT (CCP1) Hot: 60 °C or above. Cold: 4 °C or below ↓	STORAGE AT EVENT (CCP1) Cold: 4 °C or below.	STORAGE AT EVENT (CCP1) Cold: 4 °C or below.
	PREPARATION (CCP2) Prepare small amounts at a time. Thorough hand washing, good hygiene. Use sanitized equipment and utensils.	PREPARATION (CCP2) Prepare small amounts at a time. Thorough hand washing, good hygiene. Use sanitized equipment and utensils.
	COLD-HOLDING (IF APPLICABLE) (CCP1) 4 °C or below ↓	COOKING (CCP3) 74 °C unless specified otherwise. HOT-HOLDING (IF APPLICABLE) (CCP1) 60 °C or above ↓
Additional Information (attach an extra page if needed)		
SERVING		
<div style="display: flex; justify-content: space-between;"><div><ul style="list-style-type: none">☞ All foods must be protected from contamination.☞ Minimize the time between preparation and service.☞ Foods to be dispensed using sanitized utensils only.</div><div><ul style="list-style-type: none">☞ Limit situations where customers can self-serve.☞ Provide single-use condiment packets or pump-style dispensers.☞ Staff should handle either money or food, not both.</div></div>		

CCP indicates that this is a **Critical Control Point**, and special care must be taken to ensure that temperature **limits** and safe handling procedures are followed. For each CCP, temperatures must be **monitored** using a probe thermometer. If the limits are not met, you must take **corrective action** as follows:

↳CCP1 Discard the food product if the temperature limit has been exceeded by more than 2 hours total.

↳CCP2 Discard the food product if there is any possibility that it has been contaminated or improperly handled.

↳CCP3 Continue to cook the food item until the required temperature is met.

The Food Safety Plan Chart on this application form is for premises with minimal food preparation or non-potentially hazardous foods. A more detailed plan may be required at the discretion of the PHI.

9. Complete the **Sanitation Plan** below and check (✓) all that apply. If necessary, provide additional information on a separate page.

SANITATION PLAN		
Items to be cleaned/sanitized	How often?	Procedure (include chemical concentrations where applicable)
<input type="checkbox"/> Food preparation surfaces		<input type="checkbox"/> Clean with _____ <input type="checkbox"/> Sanitize with _____
<input type="checkbox"/> Utensils, equipment		<input type="checkbox"/> Wash with _____ <input type="checkbox"/> Rinse with _____ <input type="checkbox"/> Sanitize with _____
<input type="checkbox"/> Hands		<input type="checkbox"/> Wash with _____ <input type="checkbox"/> Dry with _____
How will you dispose of wastewater?		
How will you dispose of garbage?		
What toilet facilities will be available for the staff?		

10. At least one person with **FOODSAFE training** must be present on-site at all times. Copies of certificates must be submitted with your application.

FOODSAFE CERTIFICATION	
Name(s) of Person(s) holding a FOODSAFE Certificate who will be on site during the event.	Date FOODSAFE Certificate was issued

11. Please ensure that you have completed the required sections in as much detail as possible. **Incomplete information could delay processing of your application.**

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Date of Application	Print Name	Signature

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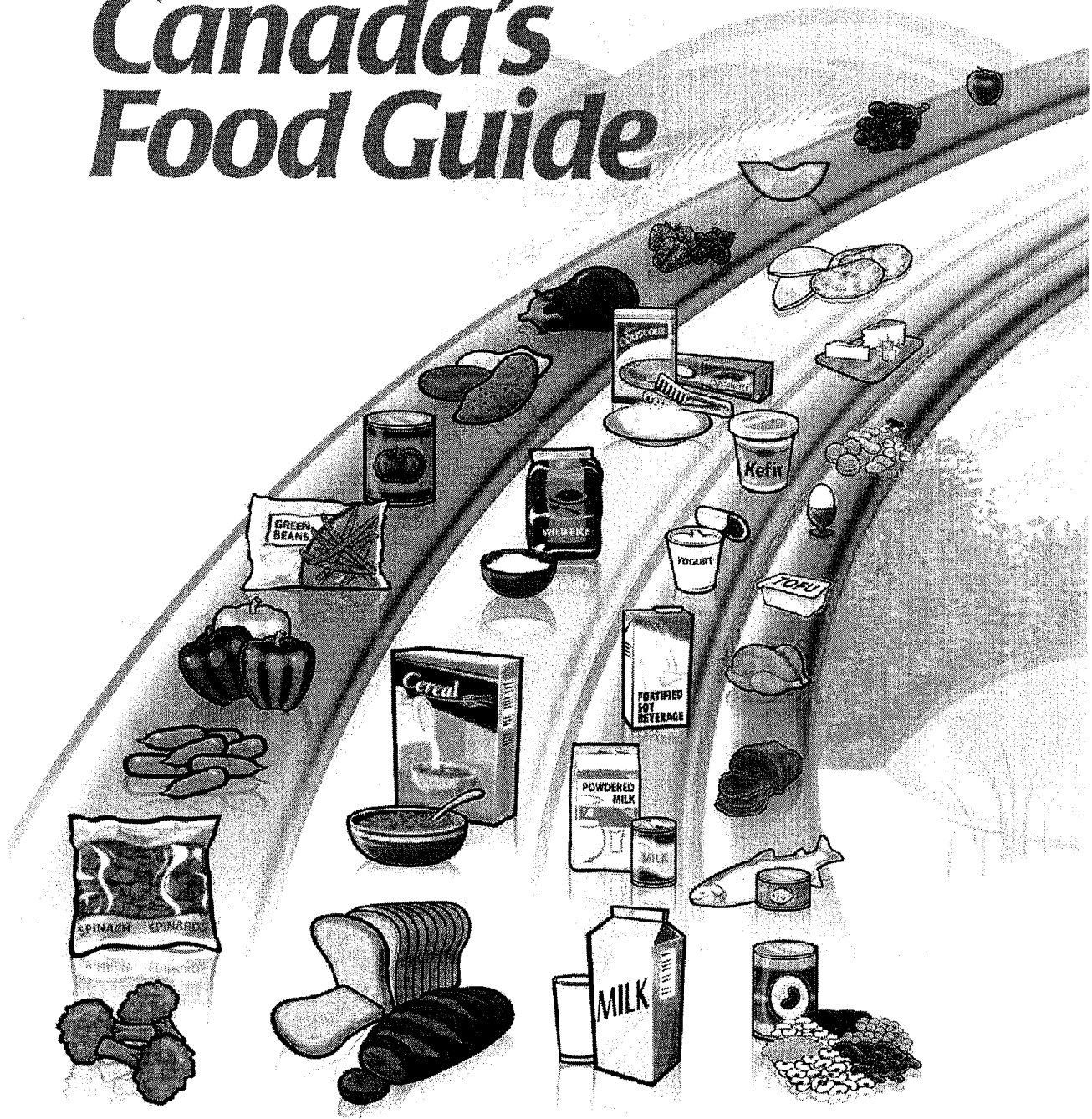
Health
Canada

Santé
Canada

Your health and
safety... our priority.

Votre santé et votre
sécurité... notre priorité.

Eating Well with **Canada's Food Guide**



Canada

Recommended Number of Food Guide Servings per Day

Age in Years Sex	Children			Teens		Adults			
	2-3	4-8	9-13	14-18		19-50		51+	
	Girls and Boys			Females	Males	Females	Males	Females	Males
Vegetables and Fruit	4	5	6	7	8	7-8	8-10	7	7
Grain Products	3	4	6	6	7	6-7	8	6	7
Milk and Alternatives	2	2	3-4	3-4	3-4	2	2	3	3
Meat and Alternatives	1	1	1-2	2	3	2	3	2	3
















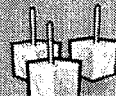






The chart above shows how many Food Guide Servings you need from each of the four food groups every day.

Having the amount and type of food recommended and following the tips in *Canada's Food Guide* will help:

- Meet your needs for vitamins, minerals and other nutrients.
- Reduce your risk of obesity, type 2 diabetes, heart disease, certain types of cancer and osteoporosis.
- Contribute to your overall health and vitality.

What is One Food Guide Serving?

Look at the examples below.

					
Fresh, frozen or canned vegetables 125 mL (½ cup)	Leafy vegetables Cooked: 125 mL (½ cup) Raw: 250 mL (1 cup)	Fresh, frozen or canned fruits 1 fruit or 125 mL (½ cup)	100% Juice 125 mL (½ cup)		
					
Bread 1 slice (35 g)	Bagel ½ bagel (45 g)	Flat breads ½ pita or ½ tortilla (35 g)	Cooked rice, bulgur or quinoa 125 mL (½ cup)	Cereal Cold: 30 g Hot: 175 mL (¾ cup)	Cooked pasta or couscous 125 mL (½ cup)
					
Milk or powdered milk (reconstituted) 250 mL (1 cup)	Canned milk (evaporated) 125 mL (½ cup)	Fortified soy beverage 250 mL (1 cup)	Yogurt 175 g (¾ cup)	Kefir 175 g (¾ cup)	Cheese 50 g (1 ½ oz.)
					
Cooked fish, shellfish, poultry, lean meat 75 g (2 ½ oz.) / 125 mL (½ cup)	Cooked legumes 175 mL (¾ cup)	Tofu 150 g or 175 mL (¾ cup)	Eggs 2 eggs	Peanut or nut butters 30 mL (2 Tbsp)	Shelled nuts and seeds 60 mL (¼ cup)

Oils and Fats

- Include a small amount – 30 to 45 mL (2 to 3 Tbsp) – of unsaturated fat each day. This includes oil used for cooking, salad dressings, margarine and mayonnaise.
- Use vegetable oils such as canola, olive and soybean.
- Choose soft margarines that are low in saturated and trans fats.
- Limit butter, hard margarine, lard and shortening.



Make each Food Guide Serving count...
wherever you are – at home, at school, at work or when eating out!

▶ **Eat at least one dark green and one orange vegetable each day.**

- Go for dark green vegetables such as broccoli, romaine lettuce and spinach.
- Go for orange vegetables such as carrots, sweet potatoes and winter squash.

▶ **Choose vegetables and fruit prepared with little or no added fat, sugar or salt.**

- Enjoy vegetables steamed, baked or stir-fried instead of deep-fried.

▶ **Have vegetables and fruit more often than juice.**

▶ **Make at least half of your grain products whole grain each day.**

- Eat a variety of whole grains such as barley, brown rice, oats, quinoa and wild rice.
- Enjoy whole grain breads, oatmeal or whole wheat pasta.

▶ **Choose grain products that are lower in fat, sugar or salt.**

- Compare the Nutrition Facts table on labels to make wise choices.
- Enjoy the true taste of grain products. When adding sauces or spreads, use small amounts.

▶ **Drink skim, 1%, or 2% milk each day.**

- Have 500 mL (2 cups) of milk every day for adequate vitamin D.
- Drink fortified soy beverages if you do not drink milk.

▶ **Select lower fat milk alternatives.**

- Compare the Nutrition Facts table on yogurts or cheeses to make wise choices.

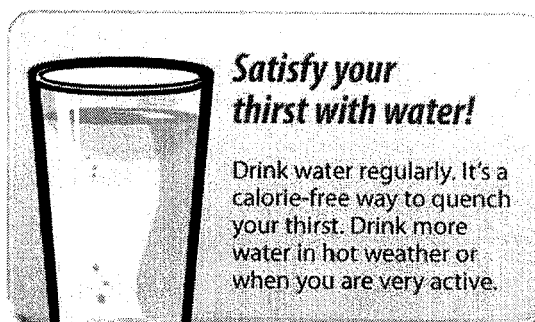
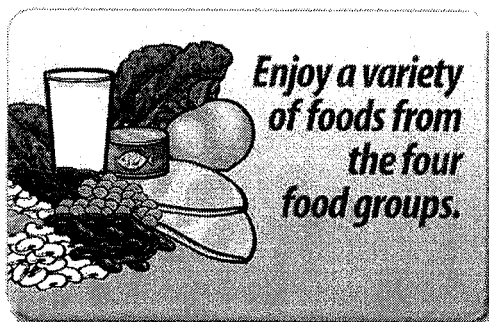
▶ **Have meat alternatives such as beans, lentils and tofu often.**

▶ **Eat at least two Food Guide Servings of fish each week.***

- Choose fish such as char, herring, mackerel, salmon, sardines and trout.

▶ **Select lean meat and alternatives prepared with little or no added fat or salt.**

- Trim the visible fat from meats. Remove the skin on poultry.
- Use cooking methods such as roasting, baking or poaching that require little or no added fat.
- If you eat luncheon meats, sausages or prepackaged meats, choose those lower in salt (sodium) and fat.



* Health Canada provides advice for limiting exposure to mercury from certain types of fish. Refer to www.healthcanada.gc.ca for the latest information.

Advice for different ages and stages...

Children

Following *Canada's Food Guide* helps children grow and thrive.

Young children have small appetites and need calories for growth and development.

- Serve small nutritious meals and snacks each day.
- Do not restrict nutritious foods because of their fat content. Offer a variety of foods from the four food groups.
- Most of all... be a good role model.



Women of childbearing age

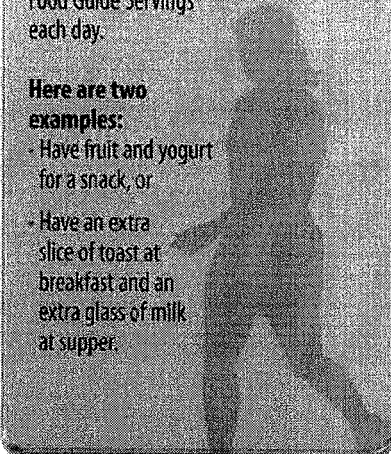
All women who could become pregnant and those who are pregnant or breastfeeding need a multivitamin containing **folic acid** every day.

Pregnant women need to ensure that their multivitamin also contains **iron**. A health care professional can help you find the multivitamin that's right for you.

Pregnant and breastfeeding women need more calories. Include an extra 2 to 3 Food Guide Servings each day.

Here are two examples:

- Have fruit and yogurt for a snack, or
- Have an extra slice of toast at breakfast and an extra glass of milk at supper.



Men and women over 50

The need for **vitamin D** increases after the age of 50.

In addition to following *Canada's Food Guide*, everyone over the age of 50 should take a daily vitamin D supplement of 10 µg (400 IU).



How do I count Food Guide Servings in a meal?

Here is an example:

Vegetable and beef stir-fry with rice, a glass of milk and an apple for dessert

250 mL (1 cup) mixed broccoli, carrot and sweet red pepper = 2 **Vegetables and Fruit** Food Guide Servings

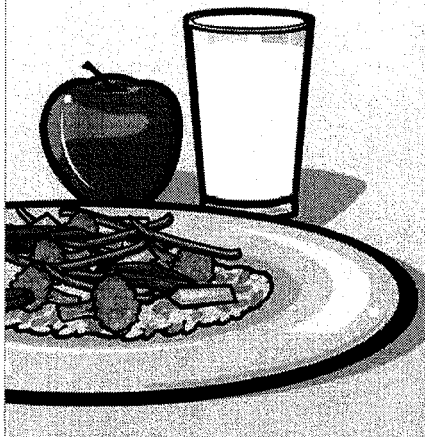
75 g (2 ½ oz.) lean beef = 1 **Meat and Alternatives** Food Guide Serving

250 mL (1 cup) brown rice = 2 **Grain Products** Food Guide Servings

5 mL (1 tsp) canola oil = part of your **Oils and Fats** intake for the day

250 mL (1 cup) 1% milk = 1 **Milk and Alternatives** Food Guide Serving

1 apple = 1 **Vegetables and Fruit** Food Guide Serving



Eat well and be active today and every day!

The benefits of eating well and being active include:

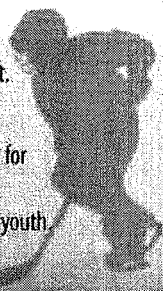
- Better overall health.
- Lower risk of disease.
- A healthy body weight.
- Feeling and looking better.
- More energy.
- Stronger muscles and bones.

Be active

To be active every day is a step towards better health and a healthy body weight.

Canada's Physical Activity Guide recommends building 30 to 60 minutes of moderate physical activity into daily life for adults and at least 90 minutes a day for children and youth. You don't have to do it all at once. Add it up in periods of at least 10 minutes at a time for adults and five minutes at a time for children and youth.

Start slowly and build up.



Eat well

Another important step towards better health and a healthy body weight is to follow Canada's Food Guide by:

- Eating the recommended amount and type of food each day.
- Limiting foods and beverages high in calories, fat, sugar or salt (sodium) such as cakes and pastries, chocolate and candies, cookies and granola bars, doughnuts and muffins, ice cream and frozen desserts, french fries, potato chips, nachos and other salty snacks, alcohol, fruit flavoured drinks, soft drinks, sports and energy drinks, and sweetened hot or cold drinks.

Read the label

- Compare the Nutrition Facts table on food labels to choose products that contain less fat, saturated fat, trans fat, sugar and sodium.
- Keep in mind that the calories and nutrients listed are for the amount of food found at the top of the Nutrition Facts table.

Nutrition Facts

Per 0 mL (0 g)

Amount	% Daily Value
Calories 0	
Fat 0 g	0 %
Saturates 0 g	0 %
+ Trans 0 g	
Cholesterol 0 mg	
Sodium 0 mg	0 %
Carbohydrate 0 g	0 %
Fibre 0 g	0 %
Sugars 0 g	
Protein 0 g	
Vitamin A 0 %	Vitamin C 0 %
Calcium 0 %	Iron 0 %

Limit trans fat

When a Nutrition Facts table is not available, ask for nutrition information to choose foods lower in trans and saturated fats.

Take a step today...

- ✓ Have breakfast every day. It may help control your hunger later in the day.
- ✓ Walk wherever you can – get off the bus early, use the stairs.
- ✓ Benefit from eating vegetables and fruit at all meals and as snacks.
- ✓ Spend less time being inactive such as watching TV or playing computer games.
- ✓ Request nutrition information about menu items when eating out to help you make healthier choices.
- ✓ Enjoy eating with family and friends!
- ✓ Take time to eat and savour every bite!

For more information, interactive tools, or additional copies visit Canada's Food Guide on-line at: www.healthcanada.gc.ca/foodguide

or contact:

Publications
Health Canada
Ottawa, Ontario K1A 0K9
E-Mail: publications@hc-sc.gc.ca
Tel.: 1-866-225-0709
Fax: (613) 941-5366
TTY: 1-800-267-1245

Également disponible en français sous le titre :
Bien manger avec le Guide alimentaire canadien

This publication can be made available on request on diskette, large print, audio-cassette and braille.

Manufacturer Name	Product Name	Flavour	Size	Food Grouping	Quantity	Choose Category
Clif Bar	Luna	S'mores	48 g	Energy Bar	1	Choose Most
Clif Bar	Luna	LemonZest	48 g	Energy Bar	1	Choose Most
Clif Bar	Luna	Nutz Over Chocolate	48 g	Energy Bar	1	Choose Most
Clif Bar	Luna	Toasted Nuts 'N Cranberry	48 g	Energy Bar	1	Choose Most
Goody2Chews	Fruit & Nut Snack	Chocolatey	57 g	Energy Bar	1	Choose Most
Goody2Chews	Fruit & Nut Snack	Yogurt	57 g	Energy Bar	1	Choose Most
Goody2Chews	Fruit & Nut Snack	Caramel	57 g	Energy Bar	1	Choose Most
Jamieson Laboratories	Slim Down Fibre Bar	Cranberry Cashew (+choc) pkg	40 g	Energy Bar	1	Choose Most
Christie	Original Wheat Thins Crackers	Original Wheat Thins eg. 20 g	20 g	Grains	1	Choose Sometimes
Christie	Triscuit	Original	36 g	Grains	1	Choose Most
Christie	Triscuit Crackers	Rosemary & Olive Oil, eg. 20 g	20 g	Grains	1	Choose Sometimes
Compliments	Crackers 225 g pkg.	Mini Stoneground Wheat Crackers	20 g	Grains	1	Choose Sometimes
Dare	Breton Crackers	Garden Vegetable, 4 crackers	20 g	Grains	1	Choose Sometimes
Dempster's	Whole Grains Bread	12 Grain Bread (1 slice)	45 g	Grains	1	Choose Most
Dempster's	Whole Grains Bread	Multigrain whole grain 1 slice	45 g	Grains	1	Choose Most
Dempster's	Stays Fresh - Hot Dog Bun	Hot Dog Bun	53 g	Grains	1	Choose Sometimes
Dempster's	Stays Fresh - Hamburger Bun	Hamburger Bun	56 g	Grains	1	Choose Sometimes
Dempster's	Hot Dog Bun per 1 bun	Original	47 g	Grains	1	Choose Sometimes
English Bay Batter	Cookie, Non-Hydrogenated	Oatmeal Raisin	43 g	Grains	1	Choose Sometimes
Frito Lay	Baked Doritos	Nacho Cheese	32 g	Grains	1	Choose Sometimes
Goldfish	Goldfish	Cheddar pkg	28 g	Grains	1	Choose Sometimes
Goldfish	Goldfish	Cheese Trio	30 g	Grains	1	Choose Sometimes
Goldfish	Goldfish	Original	30 g	Grains	1	Choose Sometimes
HevyD's	Kettle Korn 3 1/2 cup	Light	35 g	Grains	1	Choose Sometimes
HevyD's	Kettle Korn 3 1/2 cup	Original	35 g	Grains	1	Choose Sometimes
Kellogg's	Nutrigrain Granola Munch'ems, per 1 pouch	Brown Sugar Cinnamon	30 g	Grains	1	Choose Sometimes

Kellogg's	Munch'ems bite size granola snacks	Honey Oat	30 g	Grains	1	Choose Sometimes
Kellogg's	Just Right Cereal	Original	46 g	Grains	1	Choose Most
Kernels	Popcorn	Buttersalt bag	25 g	Grains	1	Choose Sometimes
Nature's Blend	Hoagie Bun	12 grain	810g	Grains	1	Choose Most
Nonuttin'	Granola Bar	Chocolate Chip	30 g	Grains	1	Choose Sometimes
Nonuttin'	Granola Clusters	Vanilla Caramel	30 g	Grains	1	Choose Sometimes
Olafson's	Bread	100% whole wheat double rise	43 g	Grains	1	Choose Sometimes
Orville Redenbacher's	Smart Pop Mini Snacks, per 1 bag	Gourmet 100 calories	31 g	Grains	1	Choose Sometimes
PC Blue Menu	Fruit & Nut Chewy Multi-grain bars	Apple & Almonds	35 g	Grains	1	Choose Sometimes
PC Blue Menu	Fruit & Yogurt Chewy Bars	Cranberry Blueberry bar	40 g	Grains	1	Choose Sometimes
President's Choice	Oatmeal Raisin Whole Grain Soft Cookies, per 1 cookie	Oatmeal Raisin	35 g	Grains	1	Choose Sometimes
President's Choice	Oatmeal Double Chocolate Soft Cookie, per 1 cookie	Oatmeal Double Chocolate 420 g pack	35 g	Grains	1	Choose Most
President's Choice	Mini Chef's Dwag Gone Hot Dog Buns	Hot Dog Bun	56 g	Grains	1	Choose Most
President's Choice	Mini Chef's Burger Buddies Hamburger Bun	Hamburger Bun 1 bun	56 g	Grains	1	Choose Most
Quaker	Oatmeal to Go	Oats & Honey	47 g	Grains	1	Choose Most
Quaker	Oatmeal to Go	Wildberry	47 g	Grains	1	Choose Most
Safeway Select	Bread	Oat & Honey Bread	43 g	Grains	1	Choose Sometimes
Silver Hills	Sprouted Grain Bread	16 grain bread made without flour sprouted grain	41 g	Grains	1	Choose Sometimes
Silver Hills	Sprouted Grain Bread	Squirrely Bread made without flour	40 g	Grains	1	Choose Sometimes
Stonehedge	Tortilla Wraps	Flour	60 g	Grains	1	Choose Sometimes
Wellements	Bora Bora Bars	Cinnamon Oatmeal	40 g	Grains	1	Choose Sometimes
Western Classics	Cereal Bars	Appleberry	37.5 g	Grains	1	Choose Sometimes
Western Classics	Cereal Bars	Blueberry	37.5 g	Grains	1	Choose Sometimes

Western Classics	Cereal Bars	Raspberry	37.5 g	Grains	1	Choose Sometimes
Western Classics	Cereal Bars	Strawberry	37.5 g	Grains	1	Choose Sometimes
Wonderbread	Wonderplus, per 1 bun	Enriched White	52 g	Grains	1	Choose Most
Coco Cola	Minute Maid 100% juice	Apple Juice	200 ml	Juice	1	Choose Sometimes
Happy Planet	So Nice	Pomegranate Blueberry	236 ml	Juice	1	Choose Sometimes
Happy Planet	So Nice 946 ml tetra pack	Pomegranate Blueberry	250 ml	Juice	1	Choose Sometimes
MySmoothie	100% fruit and juice	Mango	250 ml	Juice	1	Choose Sometimes
Sun-Rype	100% juice, no added sugar	Apple, 200 ml	200 ml	Juice	1	Choose Sometimes
Sun-Rype	100% juice, no added sugar	Fruit Medley	200 ml	Juice	1	Choose Sometimes
Sun-Rype	100% juice, no added sugar	Orange	200 ml	Juice	1	Choose Sometimes
Sun-Rype	100% juice, no added sugar	Grape	200 ml	Juice	1	Choose Sometimes
Sun-Rype	100% juice, no added sugar	Strawberry Kiwi	200 ml	Juice	1	Choose Sometimes
Sun-Rype	100% juice, no added sugar	Wildberry	200 ml	Juice	1	Choose Sometimes
Butterball	Hot Dog	Turkey Franks	56 g	Meat/Alternative	1	Choose Most
Maple Leaf	Top Dogs	33% Less Fat than BBQ size	56 g	Meat/Alternative	1	Choose Sometimes
Olymel/Flamigo	Chicken Strips, fully cooked	Multigrain breading (2 strips)	80 g	Meat/Alternative	1	Choose Most
Schneider's	Hot Dog (meatless)	Oh Naturel Meatless Wiener	47 g	Meat/Alternative	1	Choose Sometimes
Dairyland	Milk To Go	Strawberry Splash	350 ml	Milk Beverage	1	Choose Sometimes
Dairyland	1% Chocolate Milk	Chocolate	250 ml	Milk Beverage	1	Choose Sometimes
Danone	Silhouette Smoothie	Field Berry	200 ml	Milk Beverage	1	Choose Most
Natura	Soy Enriched Soy Beverage	Charcolate carton	200 ml	Milk Beverage	1	Choose Sometimes
Olympic	Smoothie	Banana, Orange & Peach	354 ml	Milk Beverage	1	Choose Sometimes
Olympic	Smoothie	Strawberry Banana	354 ml	Milk Beverage	1	Choose Sometimes
So Good	Fortified Soy Beverage	Vanilla	250 ml	Milk Beverage	1	Choose Sometimes
Yoplait	YOP	Raspberry Drinkable Yogurt	200 ml	Milk Beverage	1	Choose Sometimes
Yoplait	YOP	Strawberry Drinkable	200 ml	Milk Beverage	1	Choose Sometimes

		Yogurt				
Yoplait	Creamy Yogurt	Plain	175 ml	Milk Beverage	1	Choose Most
Yoplait	Source Yogurt Stirred	Plain	175 ml	Milk Beverage	1	Choose Most
Astro	2% Yogurt	Plain	175 ml	Milk Food	1	Choose Most
Astro	3% Yogurt	Plain	175 ml	Milk Food	1	Choose Most
Black Diamond	Cheesestrings	Mozzerella	21 g	Milk Food	1	Choose Most
Dairyland	Fat Free Classic VanillaYogurt	Blueberry	125 ml	Milk Food	1	Choose Sometimes
Dairyland	Fat Free Classic VanillaYogurt	Cherry	125 ml	Milk Food	1	Choose Sometimes
Dairyland	Fat Free Classic VanillaYogurt	Mango	125 ml	Milk Food	1	Choose Sometimes
Dairyland	Fat Free Classic VanillaYogurt	Strawberry	125 ml	Milk Food	1	Choose Sometimes
Dairyland	Stirred Yogurt	Field Berry	125 ml	Milk Food	1	Choose Sometimes
Dairyland	Stirred Yogurt	Peach	125 ml	Milk Food	1	Choose Sometimes
Dairyland	Stirred Yogurt	Raspberry	125 ml	Milk Food	1	Choose Sometimes
Dairyland	Cheese Heads	Part Skim Cheese Mozzarella per 1 stick	21 g	Milk Food	1	Choose Most
No Name	Stirred Yogurt Fat-Free	Strawberry, Raspberry, Fieldberry, Blueberry	100 g	Milk Food	1	Choose Sometimes
Amy's	Pizza	Pesto, 1/2 pizza	128 g	Mixed Entrée	1	Choose Sometimes
Domino's	Pizza, Medium Hand Tossed, 1 slice (1/8 pizza)	Pepperoni	102 g	Mixed Entrée	1	Choose Sometimes
Domino's	Pizza, Medium Hand Tossed, 1 slice (1/8 pizza)	Cheese	102 g	Mixed Entrée	1	Choose Sometimes
McDonalds	Grilled Chicken Snack Wrap	Ranch	117 g	Mixed Entrée	1	Choose Sometimes
McDonalds	Snack Wrap	Chicken Snack Wrap with Grilled Chicken	117 g	Mixed Entrée	1	Choose Sometimes
McDonalds	Snack Wrap	Chicken Snack Wrap	113 g	Mixed Entrée	1	Choose Sometimes
McDonalds	Snack Wrap	Chicken Snack Wrap with honey mustard sauce	113 g	Mixed Entrée	1	Choose Sometimes
McDonalds	Snack Wrap	Grilled Chicken Snack Wrap with Honey Mustard	117 g	Mixed Entrée	1	Choose Sometimes

Panago	Hand Tossed, Large (per 1/10 slice)	Ham & Pineapple	114 g	Mixed Entrée	1	Choose Sometimes
Panago	Hand Tossed Large, per 1/20 slice	Ham & Pineapple	114 g	Mixed Entrée	1	Choose Sometimes
Panago	Multigrain Hand Tossed Large per 1/10 slice	Cheese	95 g	Mixed Entrée	1	Choose Sometimes
Panago	Multigrain Hand Tossed Large per 1/10 slice	Ham & Pineapple	114 g	Mixed Entrée	1	Choose Sometimes
Panago	Multigrain Hand Tossed Large per 1/10 slice	Cheese with Veggie Pepperoni	95 g	Mixed Entrée	1	Choose Sometimes
Panago	Hand Tossed Pizza per 1/10 slice	Garden Veggie with Roasted Garlic	135 g	Mixed Entrée	1	Choose Sometimes
Panago	Multigrain Hand Tossed Large per 1/10 slice	Garden Veggie with Roasted Garlic	135 g	Mixed Entrée	1	Choose Most
Panago	Hand Tossed Pizza per 1/10 slice	Cheese with Veggie Pepperoni	95 g	Mixed Entrée	1	Choose Sometimes
Panago	Hand Tossed Pizza per 1/10 slice	Cheese	95 g	Mixed Entrée	1	Choose Sometimes
Pillsbury	Pizza Pops	Deluxe, 1 pop	100 g	Mixed Entrée	1	Choose Sometimes
Pillsbury	Pizza Pops	Pepperoni & Bacon, 1 pop	100 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/12 of 14" Large Pan Pizza	Hawaiian	102 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/4 of 6" Personal Pan Pizza	Veggie Lover's	67 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/2 of 14" Large Thin N' Crust Pizza	Veggie Lover's	87 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/8 of 12" Medium Pan Pizza	Cheese	91 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/8 of 12" Medium Thin N Crispy Pizza	Cheese	71 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/12 of 14" Large Thin N Crusty Pizza	Cheese	67 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/8 of 12" Medium Hand Tossed Pizza	Cheese	90 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1 1/12 of 14" Large Hand Tossed Pizza	Cheese	84 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/16 of 14" Edge Pizza	Veggie	62 g	Mixed Entrée	1	Choose Sometimes
Pizza Hut	1/12 of a 14" Large Pan Pizza	Hawaiian	102 g	Mixed Entrée	1	Choose Sometimes

Pizza Hut	1/12 of 14" Large Thin N Crusty Pizza	Veggie Lover's	87 g	Mixed Entrée	1	Choose Sometimes
Schneider's	Lean Stuffs	Chicken Quesadill	128 g	Mixed Entrée	1	Choose Sometimes
Subway	Sandwich	Veggie Delight, 6" with veg (with or without cheese)	167 g	Mixed Entrée	1	Choose Most
Subway	Sandwich	Turkey Breast 6" with veg	224 g	Mixed Entrée	1	Choose Sometimes
Subway	Sandwich	Oven Roasted Chicken Breast, 6" with veg Mini Sub	231 g	Mixed Entrée	1	Choose Sometimes
Subway	Sandwich	Roast Beef with veg. Mini Sub	147 g	Mixed Entrée	1	Choose Most
Subway	Sandwich	Turkey Breast with veg	147 g	Mixed Entrée	1	Choose Most
Subway	Sandwich	Mini-sub Ham with veg	137 g	Mixed Entrée	1	Choose Most
Subway	Sandwich	Veggie Delite 6: with veg (with or without cheese)	167 g	Mixed Entrée	1	Choose Most
Tomiyama Sushi	California Roll per 1 roll = 9 pieces	California	262 g	Mixed Entrée	1	Choose Sometimes
Tomiyama Sushi	California Roll per 1 roll = 9 pieces	Brown Rice California	260 g	Mixed Entrée	1	Choose Sometimes
Tomiyama Sushi	Brown Rice Begetable Roll, per 1 roll = 9 pieces	Brown Rice Vegetable Roll	260 g	Mixed Entrée	1	Choose Sometimes
Tomiyama Sushi	Vegetable Roll, per 1 roll = 9 pieces	Vegetable Roll	260 g	Mixed Entrée	1	Choose Sometimes
Tomiyama Sushi	Cucumber Roll, per 1 roll = 9 pieces	Cucumber Roll	252 g	Mixed Entrée	1	Choose Sometimes
Wrap Zone	Wrap	Kidz L'il Rancer, one size	207 g	Mixed Entrée	1	Choose Sometimes
Wrap Zone	Wrap	Kidz Chick'n Little	155 g	Mixed Entrée	1	Choose Sometimes
Wrap Zone	Wrap	Thai Tanic Chicken regular/small size	350 g	Mixed Entrée	1	Choose Sometimes
Dan D Pac	Cashews	50% less salt	20 g	Nut/Seed	1	Choose Most
Frito Lay	Munchies	Salted Peanuts bag	60 g	Nut/Seed	1	Choose Sometimes
Frito Lay	Munchies	Honey Sweet Trail Mix	40 g	Nut/Seed	1	Choose Most
Wellements	Bora Bora Bars	Cranberry Crunch	40 g	Nut/Seed	1	Choose Most
Wellements	Bora Bora Bars	Sesame Raisin	40 g	Nut/Seed	1	Choose Most
Pepsi	Aquafina	Purified Water	591 ml	Other Beverage	1	Choose Most

Nile Spice	Soup Mix (soup cup)	Minestrone, 1 cup	45 g	Soups	1	Choose Sometimes
Nile Spice	Soup Mix (soup cup)	Sweet Corn Chowder, 1 cup	30 g	Soups	1	Choose Sometimes
PC Blue Label	Instant Soup	Barley Vegetable Low Fat	45 g	Soups	1	Choose Sometimes
PC Blue Label	Instant Soup	Vegetarian Chili	65 g	Soups	1	Choose Most
PC Blue Label	Instant Soup	Spicy Tai Low Fat with Vegetables	47 g	Soups	1	Choose Most
PC Blue Label	Instant Soup	Vegetable Couscous	56 g	Soups	1	Choose Sometimes
Bolthouse Farms	Carrots	Carrots	85 g	Veg/Fruit Food	1	Choose Most
Breyer's	Original Real Fruit Ice Bars	Orange	50 g	Veg/Fruit Food	1	Choose Sometimes
Del Monte	Fruit Bowls in Light Sryup	Rasp-o-licious Peach fruit cup	112.5 g	Veg/Fruit Food	1	Choose Sometimes
Del Monte	Fruit Bowls in Light Sryup	Fruit Medley fruit cup	112.5 g	Veg/Fruit Food	1	Choose Most
Del Monte	Fruit Bowls in Light Sryup	Orchard Peach fruit cup	112.5 g	Veg/Fruit Food	1	Choose Most
Del Monte	Fruit Bowls in Light Sryup	Tropical Medlty fruit cup	112.5 g	Veg/Fruit Food	1	Choose Most
Del Monte	Fruit Bowls in Light Sryup	Mandarins fruit cup	112.5 g	Veg/Fruit Food	1	Choose Sometimes
Del Monte	Fruit Bowls in Light Sryup	Very Very Cherry fruit cup	112.5 g	Veg/Fruit Food	1	Choose Sometimes
Del Monte	Fruit Salad	in light fruit juice syrup	142 g	Veg/Fruit Food	1	Choose Sometimes
Del Monte	Whole Kernel Corn	Summer Crisp	125 g	Veg/Fruit Food	1	Choose Sometimes
Dole	Fruit Bowls in Fruit Juice	Tropical Fruit cup	107 g	Veg/Fruit Food	1	Choose Most
Dole	Fruit Bowls	Diced Pears in Light Syrup	107 g	Veg/Fruit Food	1	Choose Sometimes
Dole	Parfait	Pineapple & Cream	123 g	Veg/Fruit Food	1	Choose Sometimes
Dole	Fruit Bowls	Peaches in Light Syrup with Fork	198 g	Veg/Fruit Food	1	Choose Sometimes
Dole	Fruit Bowls	Mandarin Oranges in Light Syrup	198 g	Veg/Fruit Food	1	Choose Sometimes
Dole	Fruit Bowls in Gel	Mandarin Orange in Orange Gel	198 g	Veg/Fruit Food	1	Choose Sometimes
Old Dutch	Baked Potato chips	Original	32 g	Veg/Fruit Food	1	Choose Sometimes
Russ & Tony's	Veggie and Dip	Carrots, 60 g and Fat Free Ranch Dressing	16 g	Veg/Fruit Food	1	Choose Sometimes

Subway	Salad	Veggie DeliteSalad (no dressing or croutons)	314 g	Veg/Fruit Food	1	Choose Most
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