

## Appendix 1

**Policy Title: Appendix 1 Healthy Food and Beverage Policy for Recreation Facilities.docx**

**Policy Number: [Policy No.]**

**Draft Policy – Clean Copy - February 14, 2020**

|   |  |                   |                   |
|---|--|-------------------|-------------------|
| Section:                                  | <b>Community Services</b>  | Subsection:       | <b>Recreation</b> |
| Effective Date:                           | [Effective Date]   | Last Review Date: | [Last Review]     |
| Approved by:<br>Click here to enter text. | Owner Division/Contact:<br><b>Recreation Division, Community Services Department</b> |                   |                   |

### Policy Statement

The City of Mississauga is committed to supporting the supply and sale of healthy food and beverage choices within Recreation Facilities for the benefit of residents and patrons.

### Purpose

This policy outlines the acceptable nutrition standard requirements, contractual obligations and business operations that apply to all concession and vending food and beverage items supplied and sold within Recreation Facilities.

### Scope

This policy applies to:

- Vending Machine services in City owned/operated Recreation Facilities, and
- Concession Services in City owned/operated Recreation Facilities

### Exclusions

This policy does not apply to:

- Vic Johnston Arena, Paramount Fine Foods Centre Concession Services, Living Arts Centre and
- Banquet Services (including Harding Estate)

### Definitions

For the purposes of this policy:

“City” means the Corporation of the City of Mississauga.

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“Concession Services” means food and beverage refreshments sold at Recreation Facilities that are not sold through Vending Machines.

“Nutrition Standards” means the minimum nutritional standard for food and beverage products as outlined in the Region of Peel Nutrition Standards, 2020. (See Appendix A)

“Recreation Facilities” means buildings owned, leased or occupied by the City of Mississauga and operated or occupied by the Recreation Division, Community Services Department, including but not limited to, arenas, activity centres, C-Café, community centres, golf courses, marinas, outdoor pools and recreation centres.

“Vending Machine” means a machine that dispenses items such as food or drinks that requires a payment transaction via coin, bill or payment card.

“Vendor” means the supplier of vending services.

## Administration

This policy is administered by the Food Services Unit, Recreation Division, Community Services Department. The Manager, Food Services, is authorized to update the Appendix to reflect updates from the Region of Peel, with no further approval required.

The Manager, Food Services is responsible for categorizing food and beverage options in accordance with the Nutrition Standards and for ensuring that vendors comply with the Contractual Obligations of this policy.

## Objective

To promote an environment in City Recreation Facilities that encourages healthier eating by increasing the range of healthier food and beverage choices available through Concession Services and Vending Machines.

## Requirements

### Phased Implementation

The Nutrition Standards will be phased in based on the percentages below, with the aim of continually increasing the presence of healthy choices while decreasing less healthy options.

| Implementation Timeline  |                       |
|--------------------------|-----------------------|
| Implementation Phase     | Operational Phase     |
| Begins September 1, 2020 | Begins April 30, 2021 |

Recreation Facilities will offer a product mix in alignment with the following food and beverage product categories:

### Prepackaged Beverage Products

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| <b>Percentage of Beverage Products that must meet Nutrition Criteria</b> |  |
|--|--|
| <b>Implementation Phase</b>  | <b>Operational Phase</b>                 |
| Beverages to Promote<br>= at least 50%                                   | Beverages to Promote<br>= at least 75%   |
| Beverages to Limit<br>= no more than 50%                                 | Beverages to Limit<br>= no more than 25% |
| Beverages to Avoid<br>= 0%   |  |

| <b>Prepackaged and Prepared Food Products</b>                                      |                                 |
|--|---------------------------------|
| <b>Percentage of Food Products that must meet Nutrition Criteria</b>               |                                 |
| <b>Implementation Phase</b>  | <b>Operational Phase</b>        |
| Meets Nutrition Criteria = at least 75%  | Meets Nutrition Criteria = 100% |
| Highly Processed Prepackaged Foods, Deep fried foods & Processed meats are removed |                                 |

### **Calculation**

#### **Beverage Products**

Vending Machines in Recreation Facilities will comply with the above noted threshold percentages for Beverage Products. To calculate, the sum of all beverage product types within the Vending Machine are divided by the number of beverage product types that are classified as “Beverages to Promote” and “Beverages to Limit”.

- Example: During the Implementation Phase, if a Vending Machine has 10 different beverage products, a minimum of 5 beverage products must meet the “Beverages to Promote” criteria and no more than 5 beverage products classified as “Beverages to Limit”. There will be no “Beverages to Avoid” products offered.

#### **Food Products (Prepackaged and Prepared)**

Each Concession Service in Recreation Facilities will comply with the above noted threshold percentages for Prepackaged and Prepared Food Products. To calculate, the sum of all food product types within the Concession Services are divided by the number of food product types that meet or exceed the Region of Peel Nutrition Standards.

- Example: During the Implementation Phase, if a Vending Machine has 40 different food products, a minimum of 30 food products must meet or exceed the Region of Peel Nutrition Standards. None of the food products in the Concession Service will be classified as “Highly Processed, Deep-fried Foods or Processed Meats”, based on the Region of Peel Nutrition Standards.

### **Director Exception**

The Director of Recreation or their designate, after careful consideration of the circumstances and in consultation with applicable staff, may make exceptions to the Requirement criteria on a case by case basis.

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## **Contractual Obligations**

### **Sustainable Procurement & Environmental Responsibility**

When initiating a procurement process, the Manager, Food Services, Recreation Division will ensure that the procurement documents include this policy, with the most current Nutrition Standards. Any food and beverage contractual procurement will align with the City's Sustainable Procurement Program and support the City's directive in providing environmentally responsible choices.

### **Existing Contracts**

The Manager, Food Services, Recreation Division will work within the terms of existing City contracts to modify the items sold in Vending Machines and/or Concession Services to comply with this policy, including the most current Nutrition Standards. If the existing terms of the contract do not allow changes to the Vending Machine and/or Concession Services items, the Recreation Division may continue with the terms of the existing contract until the expiration date, at which time new products should comply with this policy, including the most current Nutrition Standards.

### **Contract Renewal**

For contracts which contain optional renewal terms, the Manager, Food Services, Recreation Division will ensure the renewal terms allow for items to reflect this policy, including the most current Nutrition Standards.

For contracts with no renewal terms, the Manager, Food Services, Recreation Division will make reasonable efforts to ensure the renewal terms allow for items to reflect this policy, including the most current Nutrition Standards.

## **Business Operations**

### **Food & Beverage Marketing**

The use of marketing materials to promote food and beverage items must contain Vending Machine or Concession Services items that meet the Nutrition Standards, based on the criteria identified for the active phase of the Implementation Timeline. Marketing materials can include, but are not limited to, banners, posters, tent cards, static and digital menu boards.

### **Promotional Marketing**

The Recreation Division will only enter into promotional agreements and marketing opportunities (e.g. rink board advertising, on-site product activations, Camp Pizza Days), that comply with this policy, including the most current Nutrition Standards.

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### Revision History

| Reference | Description |
|-----------|-------------|
|           |             |

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## APPENDIX A – Nutrition Standards

The Recreation Division is committed to providing residents with healthy choices where they live, learn, work and play. The Healthy Food & Beverage for Recreation Facilities Policy (“Policy”) contributes to healthy eating environments in Mississauga Recreation Facilities.

The minimum nutrition standard for prepackaged and prepared food and beverages for the Policy is defined by the Nutrition Standards outlined in this document. The Nutrition Standards is used to score food and beverages to identify what meets the Nutrition Standards.

### Region of Peel Nutrition Standards (2020)

**DRAFT – UNDER REVIEW**

The Region of Peel Nutrition Standards (2020) enable healthy eating behaviours among Peel residents. They are used to help create supportive food environments that make the healthy choice the easy choice and ultimately reduce the risk of developing chronic diseases.

The standards were developed based on a robust evidence review that included an investigation of:

- North American nutrition standards (e.g. facilitators and barriers to adoption and implementation),
- key messages and concepts of [Canada’s Food Guide \(2019\)](#),
- practice-based evidence from experience with the Region of Peel Nutrition Standards (2013) and
- food and beverage product marketplace availability.

The standards below outline nutrition criteria for food and beverages offered for sale in community settings (e.g. workplaces, community/recreation centres, places of worship), excluding schools and child care centres. The nutrition standards do not apply to children under the age of two.

These standards apply to food service venues, including but not limited to cafeterias, cafés, concessions, vending and micro-markets and can be used by food service providers, facility managers, chefs and workplace owners or managers. The Region of Peel Nutrition Standards (2020) are presented in two sections: Prepared Products and Prepackaged Products.

## Section 1: Nutrition Standards for Prepared Products

### Overview of Nutrition Standards for Prepared Products

These standards apply to all prepared products. A prepared product is a product that **does not** have a Nutrition Facts table (NFt) and/or ingredient list for the final product. Prepared products include:

- A food product served in its natural state (e.g. fresh fruit or vegetable)
- An ingredient without a NFt (e.g. eggs, raw meat) used to prepare a mixed dish (e.g. snack or meal)
- A mixed dish made from ingredients from two or more food categories (e.g. lasagna, stew, soup)

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Criteria have been developed for six food and beverage categories:

1. Beverages
2. Vegetables and Fruit
3. Grain Foods
4. Protein Foods
5. Mixed Foods
6. Miscellaneous Products

### Application of Nutrition Standards for Prepared Products

- Prepared products that are a fresh/raw ingredient or single food item are assessed based on their food category (e.g. whole fruit are assessed in the Vegetables and Fruit category).
- Prepared products that have major ingredients from two or more food categories (e.g. noodles, tomato sauce and cheese to make lasagna) are assessed in the Mixed Foods category.
- Minor ingredients (e.g. dips, sauces, spreads) should follow guidance and serving sizes noted in the healthier ingredients list.
- Follow the Nutrition Standards for Prepackaged Products for all ready-to-eat prepackaged food and beverage products.
  - If a Mixed Food is being prepared using ingredients that have a NfT, use the Nutrition Standards for Prepackaged Products to assess each ingredient by their food category.
- All nutrition criteria apply during all service hours unless stated otherwise

### Phased Implementation for Prepared Products

The Nutrition Standards for Prepared Products nutrition criteria will be phased in over time based on the percentages below. The percentages are based on the total number of criteria that are being applied (i.e. how many of the twenty-four criteria are being met).

| Percentage of Nutrition Criteria that are Applied |   |   |                                   |
|---|---|---|-----------------------------------|
| Phase 1   | Phase 2                                   | Phase 3   | Phase 4                           |
| Applied Criteria<br>= at least <b>25%</b>         | Applied Criteria<br>= at least <b>50%</b> | Applied Criteria<br>= at least <b>75%</b>                                       | Applied Criteria<br>= <b>100%</b> |
|   |   | <b>Processed meats are removed by Phase 3<br/>(Remove earlier, if possible)</b> |                                   |
| <b>Deep-fried foods are removed</b>               |   |   |                                   |

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## Nutrition Criteria for Prepared Products – Food and Beverage Categories

### Beverages

1. Tap water is always available
2. Offer lower fat unsweetened milk and/or fortified plant-based beverages
3. If preparing beverages, use healthier ingredients (e.g. water, unsweetened milk, ≤ 2% milk fat [M.F.] or fortified plant-based beverages) and no added sugar or sodium

### Vegetables and Fruit

4. Offer at least one raw vegetable (e.g. carrot sticks)
5. Offer at least one salad-type vegetable (e.g. leafy greens)
6. If offering cooked vegetables, offer cooked vegetable options prepared in a healthier way
7. Offer at least two fruit choices (e.g. whole fruit, fruit salad prepared in a healthier way); each kind of fruit (e.g. apple, orange) counts as one choice

### Grain Foods

8. Prepare grain foods (e.g. rice, baked goods, pasta) using healthier ingredients with little to no added sodium, sugar or saturated fat
9. Offer smaller portion sizes of baked goods
10. At least 50% of all grain foods are whole grain/whole wheat

### Protein Foods

11. Offer at least one plant-based protein choice (e.g. beans, seeds, tofu, nuts and legumes) at every meal and prepare in a healthier way
12. Offer at least one animal-based protein choice (e.g. beef, lamb, pork, poultry, fish or eggs) at every meal and prepare in a healthier way
13. Offer at least one non-fluid milk-based or plant-based choice (e.g. yogurt, cheese)

### Mixed Foods

14. Prepare all mixed foods using healthier ingredients and in a healthier way
15. When serving an entrée, offer at least one vegetable or fruit, one whole grain/whole wheat and one protein food choice
16. When serving an entrée with sides, serve in proportions according to the [Canada's Food Guide Eat Well Plate](#)

When offering:

17. an entrée, ensure at least one plant-based protein option is available
18. pizza, ensure at least one vegetarian option is available
19. soup, ensure at least one vegetarian option is available
20. sandwiches or wraps, offer at least one vegetable or fruit and one protein food choice as fillings
21. meal-style salads, offer at least one vegetable or fruit and include one protein food choice



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**Miscellaneous Products**

22. When offering dessert, prepare using healthier ingredients and in a healthier way
23. Prepare all sauces, dressings and spreads using healthier fats and oils
24. Offer all Minor Ingredients with the option of being served on the side

**Highly Processed Foods**

- Deep-fried foods (e.g. French fries, fried chicken, onion rings, doughnuts) – Remove deep fryers in Phase 1
- Processed meats (e.g. deli meats, bacon, sausage, hot dogs, beef jerky) – Remove in Phase 3

**Section 2: Nutrition Standards for Prepackaged Products****Overview of Nutrition Standards for Prepackaged Products**

These standards apply to all [prepackaged products](#) that are single serve and/or multi-serve ready-to-eat **with** a Nutrition Facts table (NfT) and ingredient list. Nutrition and ingredient information for a prepackaged product is compared to the nutrition criteria to determine if a food or beverage meets the nutrition standards or not. Information for this comparison is obtained from the NfT and/or product label (e.g. ingredient list).

Nutrition criteria have been developed for six food and beverage categories:

1. Beverages
2. Vegetables and Fruit Products
3. Grain Foods
4. Protein Foods
5. Mixed Foods
6. Miscellaneous Products
  - Food and beverage products are assessed per portion served/sold, unless stated otherwise.
  - Food products that represent a single food category are assessed based on the nutrition criteria for the corresponding food category. Food products that have major ingredients from two or more food categories are assessed based on the nutrition criteria for Mixed Foods.

**Phased Implementation for Prepackaged Products**

The Nutrition Standards will be phased in over time based on the percentages below. The aim is to continually increase the presence of healthy choices and decrease less healthy choices.

- In order to comply the noted percentage of prepackaged products must meet the nutrition standards criteria in each area (e.g. cafeteria and vending).
- When assessing vending machines, the noted percentages need to be met in each vending machine.

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| Beverage Products  |  |  |  |
|--|--|--|--|
| Percentage of Beverage Products that meet Nutrition Criteria |  |  |  |
| Phase 1  | Phase 2  | Phase 3  | Phase 4  |
| <b>Beverages to Promote</b><br>= at least <b>25%</b>         | <b>Beverages to Promote</b><br>= at least <b>25%</b>   | <b>Beverages to Promote</b><br>= at least <b>50%</b>   | <b>Beverages to Promote</b><br>= at least <b>75%</b>   |
| <b>Beverages to Limit</b><br>= no more than <b>25%</b>       | <b>Beverages to Limit</b><br>= no more than <b>50%</b> | <b>Beverages to Limit</b><br>= no more than <b>50%</b> | <b>Beverages to Limit</b><br>= no more than <b>25%</b> |
| <b>Beverages to Avoid</b><br>= no more than <b>50%</b>       | <b>Beverages to Avoid</b><br>= no more than <b>25%</b> | <b>Beverages to Avoid</b><br>= <b>0%</b>               |  |

| Food Products  |  |  |  |
|--|--|--|--|
| Percentage of Food Products that meet Nutrition Criteria |  |  |  |
| Phase 1  | Phase 2  | Phase 3  | Phase 4  |
| <b>Meets Nutrition Criteria</b><br>= at least <b>25%</b> | <b>Meets Nutrition Criteria</b><br>= at least <b>50%</b> | <b>Meets Nutrition Criteria</b><br>= at least <b>75%</b> | <b>Meets Nutrition Criteria</b><br>= <b>100%</b> |
|  |  | <b>Highly Processed Foods are removed</b>                |  |

### Nutrition Criteria for Prepackaged Products

#### Beverage Products

The beverages listed below are assessed **per portion served/sold** and should meet phase percentages:

|   | Phase 1                                 | Phase 2                                 | Phase 3                                 | Phase 4                                 |
|---|---|---|---|---|
| <b>Beverages to Promote – Nutrition Criteria</b>  |   |   |   |   |
| Water: without added sugar or artificial sweeteners (i.e. still or carbonated)                      | <b>At least 25%</b> of beverage choices | <b>At least 25%</b> of beverage choices | <b>At least 50%</b> of beverage choices | <b>At least 75%</b> of beverage choices |
| Unsweetened, Milk: ≤ 2% M.F.  |   |   |   |   |
| Unsweetened, Plant-based Beverages (e.g. soy beverage): <b>fortified</b> with calcium and vitamin D |   |   |   |   |
| <b>Neutral Beverages – Nutrition Criteria</b>   |   |   |   |   |
| Coffee and Tea (e.g. caffeinated, decaffeinated, herbal)  |   |   |   |   |
| <b>Beverages to Limit – Nutrition Criteria</b>  |   |   |   |   |
| Sweetened Milk or Milk-based Beverage (e.g. milk shake): ≤ 2% M.F. and ≤ 28 g sugar                 | <b>At least 25%</b> of beverage         | <b>At least 50%</b> of beverage         | <b>No more than 50%</b> of              | <b>No more than 25%</b> of              |
| Sweetened Plant-based Beverages: <b>fortified</b> with  |   |   |   |   |

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| calcium and vitamin D <b>and</b> ≤ 20 g sugar  | choices  | choices  | beverage<br>choices     | beverage<br>choices     |
| Yogurt Drinks – ≤ 3.25% M.F. <b>and</b> ≤ 13 g sugar   |  |  |                         |                         |
| Juice, Juice Blends or Coconut Water: 100% fruit<br>or vegetable juice/coconut water, pulp or puree<br><b>and</b> without added sugar <b>and</b> ≤ 355 mL container<br>size  |  |  |                         |                         |
| Other Beverages: ≤ 60 calories<br>(including artificially sweetened)<br><i>Examples:</i> soft drinks, diet soft drinks, iced tea,<br>flavoured water, vitamin enhanced water,<br>lemonade, sports drinks, protein drinks, hot<br>chocolate, coffee/tea-based beverages (e.g.<br>Frappuccino®, latte, flavoured cold-brew,<br>kombucha) |  |  |                         |                         |
| <b>Beverages to Avoid – Nutrition Criteria</b>   |  |  |                         |                         |
| Other Beverages > 60 calories (e.g. regular soft<br>drinks)  | <b>No more<br/>than 50%</b><br>of<br>beverage<br>choices | <b>No more<br/>than 25%</b><br>of<br>beverage<br>choices | <b>100%<br/>removed</b> | <b>100%<br/>removed</b> |
| Beverages that do not meet noted criteria (e.g.<br>437 mL chocolate milk, fruit drinks)  |  |  |                         |                         |
| Energy drinks  | <b>100% removed</b>                                      |  |                         |                         |

### Nutrition Criteria for Prepackaged Products

#### Food Product Categories

**All food products:** Trans fat: ≤ 5% of total fat content

#### Vegetables and Fruit Products

**Vegetable and Fruit Product** - To meet the Nutrition Standards for Prepackaged Products **all** of the following criteria must be met **per portion served/sold**:

#### Vegetables and Fruit – Nutrition Criteria

A vegetable or fruit is the first item on the ingredient list (or second ingredient after water)

Saturated fat: ≤ 2 g

Sodium: ≤ 480 mg

Sugar: ≤ 15 g (Exception: dried fruit Sugar ≤ 30 g)

**Note:** Snack bars or mixtures where dried fruit is the first ingredient are assessed in the category above

#### Vegetable and Fruit-based Chips (e.g. potato chips, apple chips) – Nutrition Criteria

A vegetable or fruit is the first item on the ingredient list (or second ingredient after water)

Total fat: ≤ 5 g

Saturated fat: ≤ 2 g

Sodium: ≤ 480 mg

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Sugar: ≤ 15 g

**Grain Foods**

**Grain Food Product** - To meet the Nutrition Standards for Prepackaged Products all of the following criteria must be met **per portion served/sold**:

**Grain Foods – Nutrition Criteria**

A whole grain, whole wheat or corn is the first item on the ingredient list

Saturated fat: ≤ 2 g

Sodium: ≤ 480 mg

Sugar: ≤ 15 g

**Note:** Snack bars or mixtures where a whole grain is the first ingredient are assessed in the category above.

**Grain-based Chips and Popcorn (e.g. corn chips) – Nutrition Criteria**

A whole grain, whole wheat or corn is the first item on the ingredient list

Total fat: ≤ 5 g

Saturated fat: ≤ 2 g

Sodium: ≤ 480 mg

Sugar: ≤ 15 g

**Note: Recommended:** Fibre ≥ 10% DV for all Grain Foods

**Protein Foods**

**Protein Food Product**- To meet the Nutrition Standards for Prepackaged Products all of the following criteria must be met **per portion served/sold**:

**Protein Foods – Nutrition Criteria**

A protein ingredient is the first item in the ingredient list (e.g. nuts, seeds, beans, lentils, soy, milk, meat, poultry, fish, eggs)

Saturated fat: ≤ 5 g

Sodium: ≤ 480 mg

Sugar: ≤ 15 g

Notes:

- Milk and plant-based beverages are assessed in the Beverage category
- Snack bars or mixtures (e.g. trail mix) where nuts or seeds are the first ingredient are assessed in the Protein Foods category above.

**Cheese and Other Dairy-based Products – Nutrition Criteria**

Cheese

must meet **all** the above criteria **and** ≤ 35 % M.F.Other dairy-based products  
(e.g. yogurt, cottage cheese,  
rice pudding, ice cream)must meet **all** the above criteria **and** ≤ 3.25 % M.F. or Total fat ≤ 5 g

**Note: Recommended for cheese, and other dairy-based products:** Calcium ≥ 10% DV

**Protein-based Chips (e.g. black bean chips) – Nutrition Criteria**

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A protein ingredient is the first item in the ingredient list (e.g. black beans, dried peas, chickpeas)

Total fat: ≤ 5 g

Saturated fat: ≤ 2 g

Sodium: ≤ 480 mg

Sugar: ≤ 15 g

**Mixed Foods**

Food products that are comprised of major ingredients from more than one food grouping are assessed based on the nutrition criteria for Mixed Foods.

**Mixed Food Product – Side, Snack or Soup** - To meet the Nutrition Standards for Prepackaged Products **all** the following criteria must be met **per portion served/sold**:

**Sides or Snacks (e.g. crackers and cheese, tuna and cracker snacks, vegetables and hummus, soups, vegetable or grain-based salad) – Nutrition Criteria**

Saturated fat: ≤ 2 g

Sodium: ≤ 480 mg

Sugar: ≤ 15 g

**Soups – Nutrition Criteria**

Saturated fat: ≤ 2 g

Sodium: ≤ 720 mg

Sugar: ≤ 15 g

**Note: Recommended for all sides, snacks or soups: Calcium ≥ 10% DV and Fibre ≥ 10% DV**

**Mixed Food Product – Entrée** - To meet the Nutrition Standards for Prepackaged Products **all** of the following criteria must be met **per portion served/sold**:

**Entrées (e.g. meals, pizza, sandwiches, meal-style salads) – Nutrition Criteria**

Saturated fat: ≤ 7 g

Sodium: ≤ 800 mg

Fibre: ≥ 2 g

Protein: ≥ 7 g

Sugar: ≤ 24 g

**Note: Recommended for all entrées: Calcium ≥ 10% DV**

**Miscellaneous Products**

These are foods that do not contain a major ingredient from any of the food categories and are not assessed in the above food categories. Products that contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium are considered Miscellaneous Products.

**Highly Processed Foods**

Products that are highly processed contain few or no essential nutrients and/or contain high amounts of fat, sugar and/or sodium (e.g. deep-fried foods and confectionaries). **These food products do not meet nutrition criteria for the food categories and should be completely removed by Phase 3.**

- Candy, chocolate, chocolate bars, liquorice, gummies

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- Gum with sugar
- Popsicles and freezies (where fruit or fruit juice is not the first ingredient)
- Snack, energy, or protein bars:
  - Where sugar or a sugar substitute is the first ingredient
  - Where milk/whey/casein/soy/pea protein isolate or concentrate is listed as the first ingredient
- Meal replacements (e.g. nutritional supplements – drinks or bars)
- Processed meats (e.g. deli meats, bacon, sausage, hot dogs, beef jerky)

### Minor Ingredients

An effort shall be made to limit the minor ingredients listed below to the serving size indicated, when possible. Products labelled low sodium, low fat and/or low sugar should be offered, when possible (e.g. mayonnaise, soy sauce, jams, salad dressings).

#### Serving Sizes:

- Condiments (e.g. ketchup, mustard, relish) and spreads (e.g. jams, jellies, low fat cream cheese) ≤ 15 mL (1 tbsp)
- Gravies and sauces (e.g. salsa) ≤ 60 mL (4 tbsp)
- Dips (e.g. hummus) ≤ 30 mL (2 tbsp)
- Fats (e.g. margarine, butter) ≤ 5 mL (1 tsp)
- Oils and dressings (e.g. olive oil, mayonnaise, salad dressing) ≤ 15 mL (1 tbsp)
- Other (e.g. chocolate chips, coconut, olives, parmesan cheese) ≤ 15 mL (1 tbsp)

### Neutral Products

Some products are permitted but may not necessarily provide any nutritional value. These include:

- Coffee and tea
- Lozenges (e.g. Halls®)
- Sugar-free gum