



School Food Guidelines

Brand Name Food List

The *Brand Name Food List* was developed to help school food providers, school administration, fundraisers, and parents/caregivers to choose healthy foods to sell and serve in schools and at school events.

This list places foods and beverages into the “Serve Most”, “Serve Moderately” and “Not Included” categories based on the criteria in the School Food Guidelines and the information on the product’s Nutrition Facts table. Many foods such as local vegetables and wholesome home-made meals do not require a Nutrition Facts table. These items can be very healthy choices. Therefore, this list is not inclusive and should be used along with healthy choices from Canada’s Food Guide. The Food Guide can be found at www.hc-sc.gc.ca. Copies can also be obtained from your Regional Nutritionist, Community Dietitian or Public Health Nurse.

The list will be updated weekly, so check back often for additional products. If you are curious about a particular item that is not on the list, please submit it to the Food/Beverage Review Process on www.livinghealthyschools.com site or talk to your Regional Nutritionist.

Please note: greater than 50% of items sold and/or served in schools should come from the “Serve Most” category of the School Food Guidelines. For example, if you offer a “Serve Moderately” Milk and Alternatives choice such as chocolate milk, then 2 “Serve Most” Milk and Alternatives choices such as white milk and Minigo yogurt should also be offered. This will ensure that students have the greatest access to the healthiest choices.