

APPENDIX 8: TIPS FOR SELECTING HEALTHY FOOD AND BEVERAGES FOR TUCK SHOPS/CANTEENS

Use these charts to help select healthier food and beverages to sell in your tuck shop/canteen.

Ensure that at least 80% of the food and beverages available for sale are from the *Sell Most* category and that a minimum 20% of the food and beverages for sale are from the *Sell Less* category. Food and beverages from the *Not Permitted for Sale* category must not be offered for sale in tuck shops/canteens.

The charts below provide examples of food and beverages that may be sold in a tuck shop/canteen. You are required to assess each food and beverage against the nutrition standards.

Examples of food for your school tuck shop/canteen: Elementary and Secondary Schools

| Sell Most | Sell Less |
|---|---|
| <ul style="list-style-type: none"> • Whole grain wraps, bagels, bread, buns • Fresh fruit • Fruit salad • Unsweetened canned fruit • Frozen fruit (no added sugar) • Fresh vegetables • Raisins (no added sugar) • Plain dried fruit (no added sugar) • Low-fat cheese strings • Hummus • Yogurt • Whole grain crackers, melba toast, crisp bread • Unsalted nuts • Unsalted seeds • Unsalted soy ‘nuts’ • Unsalted roasted legumes • Trail mix • Dried fruit bars • Granola bars • Cereal bars | <ul style="list-style-type: none"> • Enriched white or flavoured wraps, bread, and bagels, buns, pitas • Cheese strings • Plain soda crackers • Milk puddings • Plain popcorn • Salted nuts • Salted seeds • Salted soy ‘nuts’ • Salted and roasted legumes • Baked potato chips • Baked tortilla chips • Lower-salt pretzels |

Note: These are only examples. It is important to read the Nutrition Facts table for each product since the same food or beverages could fit into all three categories.

Adapted with permission from: Ontario Society of Nutrition Professionals in Public Health (2007). Creating a Healthy School Nutrition Environment (CHSNE) Health Unit Collaboration – Nutrition Tools for Schools: A Toolkit for Ontario Health Units to Support Elementary Schools in Creating a Healthy Nutrition Environment.

Appendix 8 (continued)

Examples of beverages for your school tuck shop/canteen: Elementary Schools

| Sell Most | Sell Less |
|--|---|
| <ul style="list-style-type: none"> • Bottled water • Milk (2%, 1% or skim) (≤ 250 ml) • Chocolate milk (2%, 1% or skim) (≤ 250 ml) • Hot chocolate prepared with milk (2%, 1% or skim) (≤ 250 ml) • Fortified soy beverages (≤ 250 ml) • Yogurt drink (≤ 250 ml) • 100% fruit juice/blend (≤ 250 ml) • 100% vegetable juice/blend (≤ 250 ml) | <p>There are no <i>Sell Less</i> beverage choices for elementary schools.</p> |

Examples of beverages for your school tuck shop/canteen: Secondary Schools

| Sell Most | Sell Less |
|--|---|
| <ul style="list-style-type: none"> • Bottled water • Milk (2%, 1% or skim) • Hot chocolate prepared with milk (2%, 1% or skim) • Chocolate milk (2%, 1% or skim) (≤ 250 ml) • Fortified soy beverages • Yogurt drink • 100% fruit juice • 100% vegetable juice/blend | <ul style="list-style-type: none"> • Decaffeinated coffee or tea • Low-calorie, decaffeinated iced tea • Low-calorie, caffeine-free pop, flavoured water or fruit drinks |

Note: These are only examples. It is important to read the Nutrition Facts table for each product since the same food or beverages could fit into all three categories.

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