



Guidelines for product sales

- Why have guidelines? – p.5
- Overview of beverages and foods considered healthy – p.6 and 7



How Guidelines Work

- Freshly made food and beverages – “sell” or “do not sell”
- Prepackaged food and beverages – “sell most”, “sell sometimes”, or “do not sell”
- Based on Nutrient Criteria set by Healthy Schools BC
 - Different for different Food Categories – starts on p.38
 - Mainly looks for:
 - Fat
 - Sugar
 - Sodium

A-Z Food and Beverage List

Food or Beverage	Food Category	Page
Almond beverage, fortified	<u>Milk and Alternative-Based Beverages</u>	52
Almonds, roasted, seasoned	<u>Meat and Alternatives</u>	50
Applesauce	<u>Vegetables and Fruit</u>	46
Bagels	<u>Grain Products</u>	47
Banana bread	<u>Grain Products</u>	47
Bannock	<u>Grain Products</u>	47
Beans, any variety	<u>Meat and Alternatives</u>	50
Beans & rice, as a side	<u>Side Dishes</u>	55
Bean salad, as a side	<u>Side Dishes</u>	55
Beef (fresh, frozen, seasoned)	<u>Meat and Alternatives</u>	50
Beef jerky	<u>Meat and Alternatives</u>	50
Biscuits	<u>Grain Products</u>	47
Bread	<u>Grain Products</u>	47
Breaded chicken	<u>Meat and Alternatives</u>	50



Scoring tip: Your prepackaged food or beverage may have already been scored on the Brand Name Food List. If it is not already on the Brand Name Food List you can have a Registered Dietitian score your food and add it to the list by using the online 'submit an item' feature. Call 8-1-1 to get free help from a Registered Dietitian at HealthLink BC.

Nutrient Criteria: Scoring Prepackaged Food and Beverages

Milk and Alternative Beverages



Beverages in this category have milk or milk ingredients listed as the first ingredient. Fortified plant-based beverages are also scored in this group.

Examples of Beverages Scored in this Category:

Almond beverage, plain and flavoured milk, rice beverage, soy beverage, yogurt drinks.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated.

	Sell Most	Sell Sometimes	Do Not Sell
Serving Size	Elementary Schools 250 ml or less Middle/Secondary Schools 500 ml or less		Elementary Schools More than 250 ml Middle/Secondary Schools More than 500 ml
Fat	5 g or less per 250 ml	10 g or less per 250 ml	More than 10 g per 250 ml
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	150 mg or less per 250 ml	250 mg or less per 250 ml	More than 250 mg per 250 ml
Sugars	13 g or less per 250 ml	20 g or less per 250 ml	More than 20 g per 250 ml
Protein	6 g or more per 250 ml	Less than 6 g per 250 ml	No criteria
Calcium	30% DV or more per 250 ml	20% DV or more per 250 ml	Less than 20% DV per 250 ml
Vitamin D	44% DV or more per 250 ml	Less than 44% DV per 250 ml	No criteria
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes <i>except</i> in Secondary Schools	Contains Sugar Substitutes <i>except</i> in Secondary Schools

Example: Does this meet guideline nutrition criteria?



Nutrition Facts	
Serving Size 1 Bar (83g)	
Servings Per Container 15	
Amount Per Serving	
Calories 300	Calories from Fat 200
% Daily Value*	
Total Fat 22g	34%
Saturated Fat 13g	65%
Trans Fat 0g	
Cholesterol 55mg	18%
Sodium 40mg	2%
Total Carbohydrate 21g	7%
Dietary Fiber less than 1g	3%
Sugars 19g	
Protein 5g	
Vitamin A 6%	Vitamin C 0%
Calcium 10%	Iron 6%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g

	Sell Most	Sell Sometimes	Do Not Sell
Fat	15 g or less		More than 15 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	350 mg or less	450 mg or less	More than 450 mg
Sugars	13 g or less	20 g or less	More than 20 g
Calcium	10% DV or more	5% DV or more	Less than 5% DV
Sugar Substitutes	NO Sugar Substitutes	NO Sugar Substitutes <i>except</i> in Secondary Schools	Contains Sugar Substitutes <i>except</i> in Secondary Schools
Caffeine	15 mg or less		More than 15 mg or 'caffeine' listed in ingredient list and amount not indicated on label
Additional Ingredients	NO cautionary statements and NO specific quantity of botanical ingredients listed on the label		Food label has a cautionary statement or a specific quantity of botanical ingredients listed on the label

Or go here...

- Create login
- Sign in
- Search for your product

The screenshot shows the website header with the British Columbia logo and HealthLinkBC. Navigation links include Sign In, Site Map, Contact Us, and Terms & Conditions. The main navigation bar contains Home, About the Brand Name Food List, Use the List, FAQs, and Links. The central content area features a large green box with the heading "What is the Brand Name Food List?" and a paragraph explaining the tool's purpose. A "Read More" link is provided. To the right is a "Sign In" form with fields for E-mail Address (containing "sjames@vsb.bc.ca") and Password, along with a "Sign In" button and a "Forgot your password?" link. Below the sign-in form is a "New Users" section with a "Create Account" button. At the bottom, there are two image-based sections: "Guidelines for Food and Beverage Sales" showing children eating, and "Nutritional Guidelines for Vending" showing a man and woman at a table near vending machines. A final blue box on the right contains the text "Get your scorecard!" and a "Get Started" button.

BRITISH COLUMBIA HealthLinkBC

> Sign In > Site Map > Contact Us > Terms & Conditions

brandnamefoodlist
british columbia

Home About the Brand Name Food List Use the List FAQs Links

What is the Brand Name Food List?

The Brand Name Food List (the List) is a tool that helps British Columbians choose food and beverages that meet the nutrition standards set for schools and public buildings. The List scores food and beverages based on the Guidelines for Food and Beverage Sales in BC Schools (the Guidelines) and the Nutritional Guidelines for Vending Machines in B.C. Public Buildings.

[Read More](#)

Sign In

E-mail Address
sjames@vsb.bc.ca

Password
.....

Sign In

Forgot your password?

New Users

Create Account

Get your scorecard!

Once you're logged in, you can create a scorecard that shows how the prepackaged items you sell measure up against the nutrition standards.

Get Started

Guidelines for Food and Beverage Sales

Nutritional Guidelines for Vending

Search the List

Complete the "Search Criteria" form to find the score (Sell Most, Sell Sometimes, and Do Not Sell) for products in the List. You can sort by the columns to reorder the search results and click on any manufacturer name to see Nutrition Facts table for that product.

Search Criteria

Keyword Product / Package Size Units

Manufacturer Name Food Grouping

Product Name

Nutrition Facts Table

<table style="width: 100%; border-collapse: collapse;"> <tr><td style="width: 20%;">Manufacturer Name:</td><td>Haagen-Dazs</td></tr> <tr><td>Product Name:</td><td>Miniature Bars (per 1x55ml bar)</td></tr> <tr><td>Flavour:</td><td>Vanilla Almond</td></tr> <tr><td>Package Size:</td><td>55.00 mL</td></tr> <tr><td>Food Grouping:</td><td>Milk and Alternative-Based Food</td></tr> <tr><td>Public Buildings Elementary Schools</td><td>Sell Sometimes</td></tr> <tr><td>Middle Schools</td><td>Sell Sometimes</td></tr> <tr><td>Secondary Schools</td><td>Sell Sometimes</td></tr> </table>	Manufacturer Name:	Haagen-Dazs	Product Name:	Miniature Bars (per 1x55ml bar)	Flavour:	Vanilla Almond	Package Size:	55.00 mL	Food Grouping:	Milk and Alternative-Based Food	Public Buildings Elementary Schools	Sell Sometimes	Middle Schools	Sell Sometimes	Secondary Schools	Sell Sometimes	<table style="width: 100%; border-collapse: collapse;"> <tr><td>Serving Size:</td><td>55.00 mL</td></tr> <tr><td>Calories:</td><td>190.00</td></tr> <tr><td>Fat:</td><td>14.00 g</td></tr> <tr><td>Saturated Fat:</td><td>8.00 g</td></tr> <tr><td>Trans Fat:</td><td>0.20 g</td></tr> <tr><td>Sodium:</td><td>30.00 mg</td></tr> <tr><td>Sugars:</td><td>13.00 g</td></tr> <tr><td>Protein:</td><td>3.00 g</td></tr> <tr><td>Calcium:</td><td>6.00 %</td></tr> <tr><td>Vitamin D:</td><td>%</td></tr> <tr><td>Comments:</td><td></td></tr> </table>	Serving Size:	55.00 mL	Calories:	190.00	Fat:	14.00 g	Saturated Fat:	8.00 g	Trans Fat:	0.20 g	Sodium:	30.00 mg	Sugars:	13.00 g	Protein:	3.00 g	Calcium:	6.00 %	Vitamin D:	%	Comments:	
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Your search

Manufacturer

Haagen-Dazs

Haagen-Dazs

Haagen-Dazs

Search results

Category

Sell Sometimes

Sell

Sell

Page 1 of 1 (3 items)

Important to consider serving size!!

- Nutrition labels indicate serving size
- Remember when comparing nutrition facts to guideline requirements

Baked! Cheetos® Crunchy® Cheese Flavoured Snacks
 Cuites au four! Cheetos® Croquant® - Grignotines à saveur de fromage



Nutrition Facts
Valeur nutritive

Per 1 package (21 g)
 pour 1 paquet (21 g)

Amount Teneur	% Daily Value % valeur quotidienne
Calories / Calories 100	
Fat / Lipides 4 g	6 %
Saturated / saturés 0.5 g + Trans / trans 0.1 g	4 %
Cholesterol / Cholestérol 0 mg	0 %
Sodium / Sodium 180 mg	8 %
Carbohydrate / Glucides 14 g	5 %
Fibre / Fibres 0 g	0 %
Sugars / Sucres 1 g	
Protein / Protéines 2 g	
Vitamin A / Vitamine A	0 %
Vitamin C / Vitamine C	0 %
Calcium / Calcium	2 %
Iron / Fer	2 %
Thiamine / Thiamine	4 %
Riboflavin / Riboflavine	2 %
Niacin / Niacine	2 %
Folate / Folate	10 %

INGREDIENTS: ENRICHED CORNMEAL (CORNMEAL, IRON, NIACIN, THIAMINE, RIBOFLAVIN, FOLIC ACID), VEGETABLE OIL, SEASONING (WHEY, CHEDDAR CHEESE, HYDROGENATED VEGETABLE OIL, SALT, CORN MALTODEXTRIN, SOUR CREAM, ARTIFICIAL FLAVOUR, MONOSODIUM GLUTAMATE, LACTIC ACID, COLOUR, CITRIC ACID), SALT.

INGRÉDIENTS : SEMOULE DE MAÏS ENRICHIE (SEMOULE DE MAÏS, FER, NIACINE, THIAMINE, RIBOFLAVINE, ACIDE FOLIQUE), HUILE VÉGÉTALE, ASSAISONNEMENT (LACTOSÉRUM, FROMAGE CHEDDAR, HUILE VÉGÉTALE HYDROGÉNÉE, SEL, MALTODEXTRINE DE MAÏS, CRÈME SURE, ARÔME ARTIFICIEL, GLUTAMATE MONOSODIQUE, ACIDE LACTIQUE, COLORANT, ACIDE CITRIQUE), SEL.

Process for checking if this meets Healthy Foods Guidelines

1 – Determine what food category it falls under

2 – Go to that category's Nutrient Criteria (chart with Sell Most, Sell Sometimes, Do Not Sell)

3 – Check each criteria against the nutrition label

4 – Check serving size

If any ONE of the nutrient criteria is in the DO NOT SELL category, we cannot sell it