

FOODS THAT CAN'T BE SOLD AT SCHOOL OR SCHOOL EVENTS

These foods do not meet the standards in the BC Guidelines for Food and Beverage Sales and cannot be sold. This is not a complete list.

- Candy, and other confections made of sugar like Cotton Candy, lollipops, etc.
- Soft drinks, sports drinks and waters with added sugar
- Fruit drinks that contain less than 100% fruit juice and have added sugar (fruit punches and cocktails)
- Pastry, tarts, pies, doughnuts, sweet pastries and similar foods that are high in sugar and/or fat
- Cookies and baked goods made with recipes that have not be adapted to reduce sugar and fat content.
- Sugar-coated popcorn
- Chocolates and chocolate bars
- Fruit snacks made with added sugar
- Gelatin desserts made with sugar
- Processed cheese spread and processed cheese slices.
- *Fried Foods* of any kind, including *Fried Potato Chips*, *Fried French Fries*, *Fried Onion Rings*, *Fried Desserts*
- Instant Noodle Soups
- Pizza with high amounts of fat from oiled crusts, extra cheese and/or meat toppings
- Extra salad dressing, mayonnaise or rich sauces
- Very salty foods and ingredients like cured meats, pickles, soups, and foods sprinkled with added salt like potato chips and crackers.
- Any foods or beverages that are "super-sized"

The Guidelines for Food and Beverage Sales in BC Schools

are available at

http://www.bced.gov.bc.ca/health/2013_food_guidelines.pdf