

# Brand Name Product List



County of Lambton

## Student Nutrition Program





## **Allergy Alert!**

The products listed in this booklet do not take into account food allergies. The first step when shopping is to read the ingredient list for any school specific allergens. Watch for the words “may contain” and “manufactured in a plant that also processes” along with the allergen. Even small amounts of the allergen can be deadly. Be safe and read the ingredient list every time you shop because ingredients change; what is safe this week may not be safe next week, and may not always be allergy free.

# Student Nutrition Program Brand Name Product List

## Important Notice:

Products listed are examples of foods that meet the Ministry of Children and Youth Services (MCYS) Student Nutrition Program Nutrition Guidelines. Refer to the MCYS Student Nutrition Program Nutrition Guidelines 2008 for the selection criteria of various foods. Products listed also meet the nutrition standards outlined in the Ministry of Education Policy/Program Memorandum No. 150 ***School Food and Beverage Policy***.

Items listed were found during supermarket visits to Lambton County grocery stores in May 2015. This is **not** a full list. It includes products available at the time the survey was completed. If a product is not listed, it may not meet the selection criteria, or the product may not have been reviewed.

Food products are always changing. Over time, the listed products may or may not meet the criteria. Also, new food and beverage products are developed on an ongoing basis.

For more information, contact Lambton Public Health at 519-344-2062 ext. 2033/2349 or toll-free at 1-800-387-2882.

# Student Nutrition Program Brand Name Product List

## Vegetables and Fruit

**Canned/jarred fruit and fruit sauces 125 mL (1/2 cup)**

Fruit is the first item on the ingredient list.

**No** added sugar

**Fat:** 3 grams (g) or less

**Saturated fat:** 2 g or less

**Sodium:** 360 mg or less

**Vitamin C** 30% DV or more, or **vitamin A** 15% DV or more

## Fruit Sauces

**Compliments** unsweetened applesauce - all flavours

**Great Value** unsweetened applesauce

**Irresistibles Bio** unsweetened applesauce

**Lifesmart** unsweetened applesauce

**Motts Fruitsations** unsweetened applesauce - all flavours

**No Name** unsweetened applesauce

**PC Organics** unsweetened applesauce - apple cinnamon

**PC unsweetened** applesauce - apple blueberry & apple mango, NOT “Just Apples”

## **Canned/Jarred Fruit**

**Compliments Balance** peach halves packed in fruit juice

**DOLE** mandarin oranges, diced or sliced peaches, fruit salad

and fruit salad with lots of cherries in fruit juice

**DOLE** canned pineapple - chunks, slices or crushed

**Great Value** peach slices and fruit salad in grape juice

**Irresistibles** fruit cocktail in water

## **100% Fruit Juice:**

**Tetra Pak, bottles, concentrate 125 mL (1/2 cup)**

**100% juice**

**No sugar added**

**No artificial flavours or colours added**

## Tetra Pak

**Allen's** apple juice

**Compliments Balance** 100% juice - all flavours

**Del Monte** orange tangerine and apple juice

**Minute Maid** 100% apple grape, apple juice, mixed berry, fruit blend and tropical orange

**Minute Maid** cans - apple juice and orange juice

**No Name** orange juice and apple Juice

**Oasis** and Oasis junior juice - all flavours

**PC** 100% juice - apple juice, strawberry banana, apple grape, tropical juice blend, raspberry orange and fruit punch

**SunRype** - all flavours

## Concentrate

**Great Value** 100% orange juice

**Minute Maid** 100% juice - "home squeezed", low acid, original orange juice, pulp free, calcium and vitamin D, added and grapefruit juice

**No Name** unsweetened 100% juice - pulp-free orange juice and apple juice

**Old South** 100% juice concentrate - all flavours

**PC** 100% orange juice - original and pulp free

**Selection** 100% orange juice

**Signal** orange juice and pulp-free orange juice

## **Bottled**

**Allen's** 100 % apple Juice

**Compliments Balance** 100% juice - all flavours

**Finest Excellence** - orange juice pulp or no pulp

**Great Value** apple juice, orange juice, orange-peach-mango, grapefruit, orange-strawberry-banana

**Irresistibles Life Smart** juice blends - all flavours

**Lakewood Organics** - all flavours

**No Name** orange juice, grapefruit and apple juice

**Oasis** 100% juice - all flavours

**Ocean Spray** 100% juice - all flavours and blends

**PC** 100% juice - all flavours

**PC Organics** apple juice, white grape juice, & red grapefruit juice

**Rougemont** apple juice - all flavours

**Selection** 100% juice blend - all flavours

**SunRype** 100% juice - all flavours

**Tropicana Tropics** paradise blend - all flavours

**V8 Fusion** - all flavours

**Welch's** 100% juice - all flavours

## Dried Fruit 60 mL (¼ cup)

Vegetable or fruit is the first item on the ingredient list.

**No** added sugar or fat

**Fibre:** 2 g or more

**Fat:** 3 g or less

**Saturated Fat:** 2 g or less

**Sodium:** 360 mg or less

**Vitamin C:** 30% DV or more or vitamin A 15% DV or more

**Del Monte** Fruit Twists - very cherry and strawberry

**Del Monte** Quality - grape raspberry and apple strawberry

**Fruit Source** Mini Bites - strawberry, raspberry and orange

**PC** strawberry fruit twists

**PC** berry blend, little penguins

**PC** Fruit Strips club pack - raspberry, strawberry and wild berry

## Grain Products

Whole grain is the first item on the ingredient list.

**Fibre:** 2 g or more

**Saturated fat:** 2 g or less

**Trans fat:** 0 g

**Sodium:** 240 mg or less

**Iron:** 5% DV or more

### **Pitas 35 g (1/2 pita)**

**Country Harvest** 100% whole grain pitas

**Dempsters** pita pockets 100% whole grain wheat

**Dempsters** Thinfuls “thin buns”

**Pita Break** wholegrain or multigrain pitas

**Pita** gourmet BALADY 100% whole wheat pita

### **Breads 35 g (1 slice)**

**Country Harvest** - ancient grains, stone milled, oats & honey, and prairie bran

**Country Harvest** “Vitality” - “no fat, no sugar added”, multigrain and 100% whole wheat

**Dempsters** - flax, multigrain, Canadian 12 grain, wheat & oats, and ancient grains

**Dempsters** 100% whole wheat made with whole grains and smooth multigrain

**Dempsters Body Wise** 100% whole grain and multigrain

**Dempsters Smart** 100% whole grain

**Weight Watchers** 100% whole wheat and multigrain

**Wonder+** 100% whole wheat made with whole grain

## Bagels 45 g (½ bagel)

**Country Harvest** - 100% whole grain, ancient grains, whole wheat sesame, 12 grain, and oats and honey

**Dempsters** thin bagels

**Dempsters** whole wheat 100%, whole grain

**Weight Watchers** 100% whole wheat bagel made with whole grains

## Tortillas 35 g (½ tortilla)

**Country Harvest** - 12 grain, 100% whole grain tortillas

**Country Harvest** - 12 grain tortillas

**Dempsters** ancient grain tortillas

**Dempsters** body wise 100% whole grain tortillas

**Great Value** whole wheat tortillas

**Life Smart** whole grain tortillas

## Cereals 30 g cold/175 mL (¾ cup) hot cereal

Whole grain is the first item on the ingredient list.

**Fibre:** 2 g or more

**Saturated fat:** 2 g or less

**Trans fat:** 0 g

**Iron:** 5% DV or more

**All Bran** buds, bran flakes and cranberries and clusters

**Cheerio's** - plain, honey nut and multigrain

**Compliments** - toasted oats, wheat squares

**Compliments** - (instant oatmeal) flax & fibre, maple & brown sugar

**Compliments Balance** bite-size wheat

**General Mills** Fibre 1 - all flavours

**General Mills** - Oatmeal Crisp - all flavours

**Great Value** instant oatmeal packets- apple cinnamon, maple, brown sugar, cinnamon spice

**Great Value** quick oats

**Great Value** raisin bran

**Post Honey Bunches** of Oats - all flavours

**Irresistibles** instant oatmeal - all flavours

**Kashi** - all flavours

**Kellogg's** Frosted Mini Wheats - all flavours

**Kellogg's** Just Right

**Kellogg's** Muslix - Almond Raisin

**Kellogg's** Raisin Bran

**No Name** quick oats/minute oats

**PC** bite size frosted shredded wheat

**PC Blue Menu** instant oatmeal, quick oats/minute oats

**PC Blue Menu** bran flakes, multigrain O's, Fibre Plus Bran Flakes Whole Grain Cereal, Fibre First

**PC** Loads of Raisins raisin bran

**PC** toasted oats

**PC Crunchy** whole grain cereal with almonds

**PC Instant** oatmeal-all flavours

**PC Organic** quick oats/minute oats

**PC Organics** wheat squares and raisin bran

**PC** wheat squares

**Post** Great Grains - all

**Post** Shreddies - regular and honey

**Quaker** instant oatmeal - all flavours

**Quaker** Life cereal - original and cinnamon

**Quaker** Oatmeal Squares - original and maple brown sugar

**Quaker** Quick Oats/Minute Oats

**Robin Hood** Quick Oats/Minute Oats

**Sally's** Sweet Wheat Bundles, honey oat medley, raisin bran and blue pom bundles

**Selection** - toasted oats

**Selection** instant oatmeal

**Shredded Wheat** - all flavours

**Special K** - original, multigrain, oats & honey, vanilla almond, and red berries

**Red River** - natural hot cereal

**Wholesome Goodness** multigrain instant hot cereal

### **English Muffins 35 g (½ muffin)**

**Wonder+** 100% whole wheat English muffins

**No Name** 100% whole wheat English muffins

**Dempsters** whole grain

**Weight Watchers** 100% whole grain

### **Crackers 30 g serving**

**Fibre:** 2 g or more

**Fat:** 5 g or less

**Saturated fat:** 2 g or less

**Trans fat:** 0 g

**Sodium:** 480 mg or less

**Iron:** 5% DV or more

**Christie** Stoned Wheat Thins and baked with whole grains

**Christie** Triscuit crackers - all flavours

**Grissol** canapé melba rounds - 12 grain and original

**Grissol** crispy baguette bites - garlic parmesan, bruschetta

**Grissol** melba rounds - original

**Grissol** melba toast - multifibre, 12 grain, 60% whole wheat

**Grissol** rustic flatbread multigrain crackers

**Irresistibles** - deluxe double baked toasts - low sodium, golden wheat

**Kashi TLC** original, 7 grain

**PC Blue Menu** snack crackers - Wheat & Sesame, Ancient grains

**PC** whole wheat soda crackers

**Ryvita** crispbreads (all)

**Selection** woven wheats - all flavours

**St. Urbain** 100% whole wheat flatbreads

**Wasa** crispbreads (all)

## **Muffins, Cookies, Grain-based Bars, Pancakes or Waffles**

**Only one (1) food item per week or less**

**Fibre:** 2 g or more

**Fat:** 5 g or less

**Saturated fat:** 2 g or less

**Trans fat:** 0 g

**Sodium:** 480 mg or less

**Iron:** 5% DV or more

## **Granola Bars**

**Kellogg's All Bran Bars** - all flavours except chocolate chip

**Compliments Balance** granola bars - all flavours

**Compliments** cereal bars - all flavours

**Fibre 1** oats and peanut butter

**Irresistables Life Smart Fibre & Yogurt Coated**

**Chewy Bars** - strawberry & vanilla

**Kashi** granola or cereal bars

**Kellogg's Nutrigrain** bars - all flavours, oatmeal to go

**PC Blue Menu** fruit and nut bar

**PC** peanut butter fibre bars

**PC** whole grain cereal bars - all flavours

**Quaker** fibre & omega 3 - blueberry, almond and vanilla

**Quaker** - Oatmeal to Go - all flavours

**Quaker Harvest** ancient grains  
**Selection** cereal bars - all flavours

## **Cookies**

**PC Blue Menu** cranberry orange cookies and  
blueberry lemon with flaxseeds

**PC Blue Menu** whole grain biscuits - banana bran,  
cranberry- orange, blueberry lemon

**Peak Frean Lifestyle Cookies** - banana chocolate,  
lemon crisp, cranberry citrus, oat crunch

**Praeventia** ginger cookies

**Simple Pleasures** cinnamon snaps

## **Muffins 35 g (1/2 muffin)**

**Del's Pastry** low-fat bran muffins

**Vitalicious** vitamuffin cranbran

**Your Fresh Market** raisin bran

## Muffin Mixes

**Blue Menu** - carrot-pineapple bran, cinnamon bran with apple and whole grain banana bread

**Compliments** - oatmeal or bran muffin mix

**Great Value** bran muffin mix

**Quaker** low-fat muffin mix - carrot, oatmeal, bran and honey bran

## Pancakes or Waffles 35 g (1 small)

**Compliments Balance** whole wheat waffles

**Compliments** pancakes - buttermilk, wild blueberry

**Earth's Best** organic mini waffles

**Eggo Plus** - wheat, wheat and blueberry

**Nature's Path** organic maple cinnamon and flax + omega 3

**PC Blue Menu** whole grain pancake and waffle mix

**Popcorn, Pretzels or Baked Tortilla Chips  
Snack Program Only  
Only one (1) food item per week or less**

**Fibre:** 2 g or more

**Fat:** 3 g or less

**Saturated fat:** 2 g or less

**Trans fat:** 0 g

**Sodium:** 240 mg or less

Iron **or** calcium **or** vitamin A **or** vitamin C: 5% DV **or**  
more

**Complimentary Balance** Butter Flavour

**Irresistables Life Smart**

**KERNELS** 94% fat-free mini bags

**No Name** popping corn (to air pop)

**Orville Redenbacher's** Smart Pop - buttery flavour

**PC** popping corn (to air pop)

**PC Blue Menu** popcorn - natural, butter flavour

**Selection** popping corn

**PC Blue Menu** multigrain alphabet, waffle & pretzel  
braids

## Milk & Alternatives

### Yogurt, yogurt drinks and cottage cheese

**Fat:** MF 2% or less

**Calcium:** 15% DV or more

### Drinkable Yogurts 200 mL

**Activia** Drinkable Yogurt - vanilla, strawberry, mixed berry

**Astro Kik or Original Greek Drink** - all flavours

**BioBest** Smoothie - all flavours

**Danone Crush** - strawberry vanilla, strawberry, blueberry and raspberry

**PC Blue Menu** yogurt smoothie

**PC** yogurt smoothies - all flavours

**Yoplait Yop** - all flavours

### Cottage Cheese 250 mL (1 cup)

**Compliments** and **Compliments Balance** - 1%, 2% MF

**Great Value** - 1%, 2% MF

**No Name** - 1%, 2% MF

**Nordica** - fat free, 1%, 2% MF

**Nordica On-the-Go** - plain and 1% MF

**PC Blue Menu** - 1%, 2% MF

## **Tub Yogurt 175 mL (¾ cup) or 3 yogurt tubes**

**Activia** fat free - all flavours

**Astro** Smooth 'n Fruity, original, zero,

**Astro** creamy - all flavours

**BioBest** - all flavours

**Danone** creamy - all flavours

**Danone** Oikos Greek yogurt plain, vanilla, blueberry and strawberry

**Great Value** stirred yogurt - all flavours

**Irresistibles** 0% M.F. - all flavours

**Liberte** 0% Greek yogurt - all flavours

**No Name** strawberry, vanilla, peach, and plain

**PC Blue Menu** - all flavours

**PC** creamy - all flavours

**PC** 2% M. F. Greek yogurt - all flavours

**PC** 0% M. F. Greek yogurt plain and honey

**PC** Pro Advantage strawberry

**Silhouette** - all flavours

**Source** - cherry, lemon meringue parfait, pineapple-coconut-banana, and strawberry

**Yoplait** asana and creamy

## Cheese

**Fat:** MF 20% or less

**Sodium:** 360 mg or less

**Calcium:** 15% DV or more

## Stringable Cheese 2 cheese strings

**Amooza Twists** mozzarella and mozzarella cheddar

**Black Diamond** mozzarella or marble cheese strings

**Compliments Balance** part-skim stringable cheese

**Great Value** original stringable part-skim mozzarella

**Irresistible** pizza mozzarella cheese sticks/swirls

**No Name** stringable part-skim mozzarella or marble

## Brick or Shredded Cheese 50 g (1.5 oz)

**Armstrong** pizza mozzarella light brick

**Compliments Balance** marble cheddar, and shredded part-skim mozzarella brick

**Cracker Barrel** - part-skim mozzarella

**Great Value** shredded cheese blend 19% M.F.

**Kraft** shredded light mozzarella cheddar

**Kraft Swiss** light brick

**No Name** - light - all varieties

**PC Blue Menu** provolone and Swiss brick, mild cheddar

PC Blue Menu - shredded cheese - part-skim mozzarella, Texmex, triple cheddar

**PC** mozzarella light  
**Selection** part-skim mozzarella brick  
**Ziggy's** light Swiss

**Milk - Plain or flavoured - 250 mL (1 cup)**

**Sugar:** 28 grams or less  
**Fat:** MF 2%, 1%, or skim; 5 grams or less  
**Calcium:** 25% DV or more

**Beatrice** skim, 1%, or 2% white or chocolate milk  
**Neilson** fat free, skim, 1%, or 2% white or chocolate milk  
**Neilson** TRUTASTE microfiltered - skim, 1%, or 2% milk  
**Sealtest** 1% white or chocolate milk, 100 calorie no sugar added chocolate milk  
**Selection** 1% white or chocolate milk

**Milk - plain or flavoured Tetra Pak (1 cup)**

**Sugar:** 28 g or less  
**Fat:** MF 2%, 1%, or skim; 5 g or less  
**Calcium:** 25% DV or more

Nestlé Nesquik - chocolate and strawberry

## **Milk Alternatives - Plain or flavoured**

250 mL (1 cup)

**Fat:** 5 grams or less

**Calcium:** 25% DV or more

**Vitamin D:** 25% DV or more

## **Almond or Rice Beverage**

**Earth's Own** almond fresh beverage vanilla

**Natura** Rice Beverage - vanilla or original

**PC Organics** Rice Beverage - original

**Rice Dream** - original and vanilla

**Silk True Almond** vanilla, original and dark chocolate

## **Soy Beverage**

**Compliments Balance** - original, vanilla and fat free

**Compliments Organics** - original and vanilla

**Irresistibles Bio Organics** fortified soy beverage

- chocolate, original, vanilla, unsweetened

**PC Blue Menu** - original, chocolate, and vanilla

**PC Organics** - original, chocolate, and vanilla

**Sensational Soy** - original, vanilla, and chocolate

**Silk** - original, vanilla, chocolate and organic

**So Nice** - chocolate, original, vanilla and strawberry

**So Good** - original, fat-free original, vanilla, light  
vanilla, chocolate, strawberry and omega DHA

## Tetrapaks (1 cup)

**Natura** rice beverage - vanilla and original

**Natur-a Soy** - original, chocolate, vanilla light, original light, original unsweetened, vanilla and strawberry

**PC Organics** rice beverage - vanilla and original

**PC Organics** almond beverage - vanilla

**PC Organics** soy beverage - vanilla, original, low fat and chocolate

**Rice Dream** - enriched - vanilla, original and

chocolate, **So-Good** vanilla, strawberry, chocolate and fat free

## Cream Cheese (1 tbsp) “Light”

**Compliments** light herb and garlic, light chive and onion, light mixed berry, light plain spread and light brick

**Great Value** light cream cheese

**No Name** light brick

**PC Blue Menu** original and light brick

**Philadelphia** ‘low fat’, light smoked salmon, light spinach, light strawberry, light garden vegetable, light spread and light brick

**Selection** light cream cheese - all flavours of “light”

## Meat & Alternatives

### Eggs: liquid (2)

**Fat:** 7 g or less

**Sodium:** 480 mg or less

**Compliments Balance** egg whites

**Egg Creations Original** - garden vegetable, cheese and chives, and southwestern

**Golden Egg** just egg whites, free-run egg whites

**Naturegg** simply egg whites, free-run egg whites, OmegaPro

### Peanut Butter 30 mL (2 tbsp)

**Sodium:** 480 mg or less

**Compliments** - all varieties

**Great Value** - all varieties

**Irresistibles** - all varieties

**Kraft** - all varieties

**No Name** - all varieties

**PC Blue Menu** - all varieties

**PC Organics** all varieties

**Selection** - all varieties

**Skippy** - all varieties

**Alternative Butters 30 mL (2 tbsp)**

**Sodium:** 480 mg or less

**NoNuts** Golden PeaButter  
**SunButter**  
**WowButter**

**Deli Meats 75 g (2.5 oz)**  
**Only one (1) food item per week or less**

**Fat:** 5 g or less (lean or extra lean)

**Sodium:** 480 mg or less

**Blue Menu** 30% less sodium oven roasted turkey breast, tomato & basil, stone roasted ham with rosemary, and black pepper, oven roasted turkey or chicken breast

**Compliments** extra lean turkey breast

**Deli Express** by Maple Leaf - turkey breast, honey ham and Black Forest ham

**Main Street** deli chicken breast and smoked honey ham

**PC** Black Forest ham with brown sugar, Tuscan style roasted ham, home-style cooked ham, chicken breast Piri Piri, oven roasted chicken breast, honey maple turkey breast and golden roasted turkey breast

**Pillers** cooked tomato and basil turkey breast

**Schneiders** fat-free cooked turkey breast

## Miscellaneous

### Hot Chocolate

(meets requirements when made with milk - 250 mL  
(1 cup))

**Sugar:** 28 g or less

**Fat:** M.F. 2%, 1%, or skim; 5 g or less

**Calcium:** 25% DV or more

**Cadbury** hot chocolate

**Carnation** rich & creamy, milk chocolate, light and marshmallow

**Compliments** hot chocolate original, marshmallow and light

**Great Value** instant hot chocolate

**No Name** hot chocolate mix - regular and marshmallow

**PC** extra rich, extra rich light mix

**Selection** - original, light, marshmallow

**Tim Hortons**

**Offer only ONE (1) of these food items at each snack or meal**

**Choose products that are lower in fat and sodium**

Cream cheese - light only

Honey, jam, jelly, marmalade, syrup

Hummus

Butter

Margarine - 0 g trans fat

Mayonnaise, salad dressing

Ketchup, mustard, salsa







ontario student nutrition program  
Lambton

**For more information, contact:**



**Lambton  
Public Health**

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