
Learning to Use the Checklist in the Guidelines for Food and Beverage Sales in BC Schools



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Outline



1. What are the Guidelines for Food and Beverage Sales in BC Schools?
2. What is the Checklist?
3. How do I use the Checklist?
4. How do I score a cookie recipe using the Checklist?
5. What can I do if my recipe scores as “Do Not Sell”?



1. What are the Guidelines for Food and Beverage Sales in BC Schools?



What are the Guidelines?



The Guidelines are one component of the Healthy Schools BC initiative, which supports schools in addressing all areas of health through education, policies, community partnerships and the surrounding school environment.

To access programs and supports for healthy schools, visit www.healthyschoolsbc.ca



What are the Guidelines?

- The Guidelines define the **minimum nutrition standard** for the sale of healthy food and beverages in B.C. public schools.
- The Guidelines apply to all food and beverages **sold** to **students**.
- Full implementation of the Guidelines is expected by September 2014



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The Guidelines were first published in 2005 and mandated for all public schools since 2008.

The Guidelines define the minimum nutrition standard for the sale of healthy food and beverages in BC public schools.

The Guidelines apply to all food and beverages sold to students in BC public schools and at school-sanctioned events, both on and off campus. Examples include: school vending machines, stores, and cafeterias; parent organized lunch sales; school organized fun fairs and bake sales; and food and beverages sold to students during sporting event or field trips.

In contrast, the Guidelines DO NOT apply to lunches brought from home; food and beverages provided by parents which are not being sold to students; food prepared by students as part of class projects and consumed by students without being purchased; and food and beverages sold to adults as fundraisers.

Schools are expected to begin applying the new Guidelines immediately with full implementation required by September 2014.

2. What is the Checklist?



What is the Checklist?

The Checklist is a new tool used to score freshly made food and beverages to determine if they are eligible for sale in schools.

The Checklist is found in the Guidelines Manual which is available online at:

www.healthlinkbc.ca/foodguidelines



What is the Checklist?

- The Checklist is completed by the food provider
- Questions are customized for each food category
- Users calculate sodium, sugar, and fat contributions of key ingredients in their recipes
- Items score as “Sell” or “Do Not Sell”
- Only items that score as “Sell” are eligible for sale in schools



The Checklist is to be completed by the food provider; that is, the person who prepares the food. Only the person preparing the item has access to the food labels on key ingredients needed to use the Checklist. So, for example, a caterer providing hot lunches to a school is responsible for using the Checklist to score any freshly made foods or beverages that are part of the hot lunch menu.

Questions in the Checklist are customized for each of the 8 food categories. Most of the food categories ask the user to calculate the sodium and fat contributions of key ingredients in their recipes. Users follow the numbered steps to calculate the contribution of sodium and/or fat from key ingredients used in the recipe.

After completing any necessary calculations and answering “yes” or “no” to each of the bolded questions in the category, the user can score the recipe. If all answers are “yes”, the recipe scores as “Sell” and is eligible for sale. If there are any “no” checkmarks, the recipe scores as “Do Not Sell” and is not eligible for sale.

Only items that score as Sell are eligible for sale in schools.

3. How do I use the Checklist?



How do I use the Checklist?

How To: USE THE CHECKLIST

YOU WILL NEED:

- An understanding of how to read a Nutrition Facts table (see page 80)
- Basic mathematical skills
- A calculator and note pad
- Access to the prepackaged food in your recipes to read their nutrition labels

- 1 Choose the category where your food or beverage fits.
- 2 Read the description at the top of the category to see if your food fits. If it doesn't fit, the directions below the description will help you choose the appropriate category.
- 3 Score your recipe by answering each of the questions in that category. All answers must be 'Yes' for your recipe to be scored as Sell.
- 4 If your recipe scores as *Do Not Sell* (you have any checkmarks in the 'No' column), use the scoring tips or dial 8-1-1 to talk to a HealthLink BC Dietitian. They will help you revise your recipe to meet the Guidelines.



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This slide provides a screenshot of the directions at the beginning of the Checklist. Step-by-step instructions are also included in each of the 8 food categories within the Checklist.

To use the Checklist to score an item you will need the following:

- An understanding of how to read a nutrition facts table on a product. See Appendix B in the Guidelines Manual for help.
- Basic mathematical skills. An understanding of addition, subtraction, multiplication and division is needed for the calculations that may be required to score a particular food.
- A calculator and note pad
- Access to the nutrition labels on the prepackaged ingredients used in your recipe.

Please remember that you can call 8-1-1 and speak with a HealthLinkBC dietitian if you need help using the Checklist.

How do I use the Checklist?

- Choose the category where the food or beverage fits best.
- Read through the Checklist and answer all the Yes/No questions along the right side of each page in the category.
- Be sure to follow the numbered steps when calculating the amounts of sodium, sugar and fat (when applicable).

All answers must be “yes” for the recipe to score as Sell.



To score a food using the Checklist you need to:

- Choose the category where the food or beverage fits best
- Read through the Checklist and answer all the Yes/No questions along the right side of each page
- Follow the numbered steps when prompted to calculate the amounts of sodium, sugar or fat.

All answers must be “yes” for the recipe to score as Sell.

We will go through these steps in more detail in the next slides.

How do I use the Checklist?

Table of Contents

20	<u>Salads, Vegetables and Fruit Dishes</u>	30	<u>Side Dishes</u>
22	<u>Grain Dishes and Baked Goods</u>	32	<u>Soup</u>
25	<u>Meat and Alternative Dishes</u>	34	<u>Side Sauces and Dips</u>
27	<u>Mixed Entrées, Sandwiches, Wraps, Pitas Burgers and Pizza</u>	36	<u>Beverages</u>

These are the 8 food and beverage categories that make up the Checklist. Use this list to identify where you think your recipe might fit best. For example, you would likely choose the “Grain Dishes and Baked Goods” category to score a cookie recipe.

How do I use the Checklist?

The Checklist: Scoring Freshly Made Food and Beverages **Grain Dishes and Baked Goods**



This category is for scoring recipes that have mostly grains for ingredients.

Examples: rice, noodles, quinoa, couscous, pancakes, waffles, oatmeal, granola, bread, buns, muffins, **cookies**, granola bars, cakes, dessert squares

If your recipe has core ingredients from 2 or more food groups from Canada's Food Guide:

- When served as a main, score it under the 'Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza' category
- When served as a side dish, score it either here or under the 'Side Dishes' category

Note: If you are using a prepackaged product, preparing it as directed on the package and there is a Nutrition Facts Table for the product 'as prepared', then score the product using the Nutrient Criteria.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All **'Yes'** checkmarks = the recipe is scored as *Sell*
- Any **'No'** checkmarks = the recipe is scored as *Do Not Sell*

If your recipe is *Do Not Sell*, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Let's continue with the example of scoring a homemade cookie. Turn to the Grain Dishes and Baked Goods category and read the description and list of example foods. As you can see, cookies are included in the list of example foods. Use the Grain Dishes and Baked Goods Checklist to score the cookie recipe.

Answer all the Yes/No questions along the right side of each page.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

- All 'Yes' checkmarks = the recipe is scored as *Sell*
- Any 'No' checkmarks = the recipe is scored as *Do Not Sell*

If your recipe is *Do Not Sell*, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

Grain Dishes and Baked Goods

Sodium **Reducing sodium (cont.)**

1. Compare the serving size at the top of the Nutrition Facts table to the amount in your recipe and use this to calculate how much sodium the ingredient contributes to your recipe.

2. Add up the sodium that each product contributes to the recipe.

3. Add up the sodium that each product contributes to the recipe.

4. If salt is added to pasta water include an extra 200 mg of sodium for every 100 g of wet pasta that is cooked.

5. Divide this result by the number of servings your recipe serves.

Does your recipe have 450 mg or less of sodium per serving sold?

Yes No

Sugars **Reducing sugar**

Saving tip: Reduce the added sugar in your recipe by adding just 2 tsp of oil or coconut oil for sweetness. (Some restaurants in great food products.)

Does your recipe have 20 ml or less of added sugars (includes all sugars, honey, molasses, syrup, chocolate chips and candies) per serving sold?

Yes No

Sugar Subs. **Sugar Substitutes**

Is your recipe free of sugar substitutes? (In Secondary schools sugar substitutes use is permitted so dial "No")

Yes No

Fat **Using small amounts of fat**

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

• Vegetable oil	• Margarine
• Butter	• Mayonnaise
• Salad dressing	• Cream
• Cream cheese	• Sour cream
• Cheese	• Chips or prepackaged croutons/noodles

For more information contact Health at 888-368-6811

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The next step is to work through the Checklist line by line and answer the Yes/No questions along the right side of each page. Remember, all answers must be “Yes” for the recipe to score as Sell. Any “No” checkmarks means that the recipe scores as Do Not Sell and can not be sold to students.

Follow the numbered steps to calculate amounts of sodium, sugar and fat.

Fat **Using small amounts of fat**

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
- Butter
- Salad dressing
- Cream cheese
- Cheese
- Margarine
- Mayonnaise
- Cream
- Sour cream
- Chips or prepackaged crispy noodles

For more information contact HealthLink BC – Dial 8-1-1

Fat **Using small amounts of fat (cont.)**

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much fat is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves

Scoring tip: Reduce the fat in your recipe by making grain products with little or no added fat. Replace half of the mayonnaise with plain yogurt in pasta salad.

Does your recipe have 7g of fat or less per serving sold?

Yes No

When prompted, you will need to follow the numbered steps to calculate amounts of sodium, sugar and fat. This is a screen shot of the numbered steps required to calculate the amount of fat when scoring a food in the Grain Dishes and Baked Goods category. You need to follow the numbered steps to properly calculate the amount of fat so that you can answer the Yes/No question on the right hand side of the page (“Does your recipe have 7g of fat or less per serving sold?”).

Similar steps are included for calculating sugar and sodium. Its important to note that only the fat contribution from the ingredients listed under “Key Sources of Fat” are included in the fat calculation. These “Key Sources” lists are not exhaustive but have been designed to capture the key sources of the specific nutrient of concern for each food or beverage category. If you don’t see an ingredient in the “Key Sources” list, don’t include it in the calculations.

The light bulb icon at the bottom of the screen shot is used to highlight Scoring Tips. These tips are included throughout the Checklist to help improve the score of a recipe.

After working through any calculations required in a category and answering all of the Yes/No questions, you are ready to score the product. If you answered “Yes” to all of the questions, the product scores as “Sell”. If you answered “No” to ANY of the questions, the product scores as “Do Not Sell”.

4. How do I score a cookie recipe using the Checklist?



How do I score a cookie recipe?

Ginger Snap Cookie Recipe

All purpose flour	5 cups
Baking soda	1 tsp
Salt	½ tsp
Ground ginger	1 tbsp
Soft margarine	1 cup
White sugar	3 cups
Molasses	1 cup
Large eggs	3

Method:

1. Whisk dry ingredients together
2. Cream margarine, sugar, molasses and eggs
3. Add dry ingredients to wet ingredients
4. Roll into balls
5. Bake 15- 20 minutes

YIELD: 100 cookies



Let's use the example of a ginger snap cookie recipe to practice using the checklist.

How do I score a cookie recipe?

- Choose the category where the food or beverage fits best.
 - Use the Table of Contents in the Checklist
 - Choose the category that seems to fit best
 - Read the category description
 - Read the list of example foods



The first step is to choose the food or beverage category where the cookie fits best. Use the Table of Contents for the Checklist (on pg 19 of the Guidelines Manual) to find the category that seems to fit best. Next, flip to the category and read the description and list of example foods to confirm that you chose the best category to score the recipe.

How do I score a cookie recipe?

The Checklist: Scoring Freshly Made Food and Beverages Grain Dishes and Baked Goods



This category is for scoring recipes that have mostly grains for ingredients.

Examples: rice, noodles, quinoa, couscous, pancakes, waffles, oatmeal, granola, bread, buns, muffins, **cookies**, granola bars, cakes, dessert squares

If your recipe has core ingredients from 2 or more food groups from Canada's Food Guide:

- When served as a main, score it under the 'Mixed Entrées, Sandwiches, Wraps, Pitas, Burgers and Pizza' category
- When served as a side dish, score it either here or under the 'Side Dishes' category

Note: If you are using a prepackaged product, preparing it as directed on the package and there is a Nutrition Facts Table for the product 'as prepared', then score the product using the Nutrient Criteria.

Answer each of the bolded questions in this category and select 'Yes' or 'No'.

• All **'Yes'** checkmarks = the recipe is scored as *Sell*

• Any **'No'** checkmarks = the recipe is scored as *Do Not Sell*

If your recipe is *Do Not Sell*, use the scoring tips or dial 8-1-1 to ask a Dietitian for help creating healthier options.

For this example, the cookies would be scored in the Grain Dishes and Baked Goods category. As you can see, “cookies” are included in the list of example foods for this category.

How do I score a cookie recipe?

- Read through the Checklist and answer all the Yes/No questions along the right side of each page.

Sodium

Reducing Sodium

When your recipe includes any of the ingredients below, follow the numbered instructions. Otherwise, move on to 'Reducing sugar'.

Key Sources of Sodium

- ➔ Salt
- ➔ Prepackaged sauces, margarine, condiments or spice mixes (e.g. steak spice)
- Prepackaged stock, broth, soup or powdered soup mix
- Canned tomatoes, tomato paste or tomato sauce (don't count 'no added salt' tomatoes)
- Cheese
- Canned beans, lentils or vegetables
- Seasoned, cured, pickled or brined products (e.g. bacon, ham, sausage, olives, pickles)
- Bread, buns, pitas, tortillas, roti or other bread products

The next step is to work through the Checklist and answer all of the Yes/No questions along the right side of each page. The first section is sodium. Read through the instructions. The cookie recipe contains both salt and margarine.

How do I score a cookie recipe?

Calculate sodium in your recipe

1. If you add salt to your recipe (any kind including seasoning salt):

- Multiply the number of ml of salt in your recipe by 475 to get the amount of sodium (in mg) it contributes to your recipe (e.g. 1 tsp = 5 ml x 475 = 2375 mg)

■ Calculations:

- $\frac{1}{2}$ tsp salt = 2.5 ml
- $2.5 \text{ ml} \times 475 = \mathbf{1187.5 \text{ mg sodium}}$



Follow the numbered steps to calculate the amount of sodium contributed by the added salt and the margarine in the recipe.

Step #1 asks you to calculate the amount of sodium from the salt that is used in the recipe.

Based on the calculations, the $\frac{1}{2}$ tsp of salt contributes 1187.5mg of sodium.

How do I score a cookie recipe?

2. For the remaining key sources of sodium:

- Look at the Nutrition Facts table to see how much sodium (in mg) is in a serving

Soft, Non Hydrogenated Margarine

Nutrition Facts	
Serving Size 2 tsp (10 g)	
Per Serving	% Daily Value*
Calories 70	
Calories from Fat 72	
Total Fat 8.0g	12%
Saturated Fat 1.0g	5%
Polyunsaturated Fat 2.0g	
Monounsaturated Fat 4.5g	
Sodium 70mg	3%
Vitamin A 10%	

■ Calculations:

- 70 mg sodium per 2 tsp (10ml)
- 1 cup (250ml) margarine in the recipe
- $\frac{250 \text{ ml}}{10 \text{ ml}} = 25$
- $25 \times 70 \text{ mg} = 1750 \text{ mg sodium}$



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Step #2 asks you to calculate the amount of sodium in the margarine. This is the Nutrition Facts Table for the margarine. If you were using the Checklist at home, you would need to find your tub of margarine and look for the Nutrition Facts Table on the tub.

Here are the calculations required to determine how much sodium is in the one cup (250ml) of margarine used in the recipe. The full cup of margarine contributes 1750mg of sodium to the total recipe.

How do I score a cookie recipe?

3. Add up the sodium that each product contributes to the recipe
4. If salt is added to pasta water include an extra 200 mg of sodium for every 100 g of raw pasta that is cooked
5. Divide this result by the number of servings your recipe serves

■ Calculations:

□ $1187.5 \text{ mg} + 1750 \text{ mg} = 2937.5 \text{ mg sodium per recipe}$

□ $\frac{2937.5 \text{ mg}}{100 \text{ cookies}} = 29.4 \text{ mg sodium per cookie}$

Does your recipe have 450 mg or less of sodium per serving sold?



Yes



No



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Step # 3 asks you to add up the sodium from the salt and the margarine. After adding these together, the total amount of sodium in the recipe is 2937.5 mg.

Step #4 is not applicable. We are scoring a cookie recipe.

Step #5 asks you to calculate how much sodium is in one serving of the recipe. We'll assume a serving size of one cookie (i.e. one cookie is being sold to students). The Checklist provides a score per portion sold.

Since the recipe yields 100 cookies, we can divide the total amount of sodium, which is 2937.5 mg by 100. The amount of sodium per cookie is 29.4 mg.

Looking at the Yes/No question on the right side of the page, "Does your recipe have 450mg or less of sodium per serving sold?". The answer is yes. Each cookie has 29.4mg of sodium which is less than 450mg.

If instead, we answered "No" to this question, the recipe would automatically score as Do Not Sell. Any "No" checkmarks means the recipe scores as Do Not Sell.

How do I score a cookie recipe?

Sugars

Reducing sugar



Scoring tip: Reduce the added sugar in your recipe by adding fruit (fresh or dried) or cooked squash for sweetness, flavour and nutrients in grain based products.

Does your recipe have 20 ml or less of added sugars (includes all sugars, honey, molasses, syrup, chocolate chips and candies) per serving sold?



Yes



No

- Calculations:
 - ❑ 3 cups of white sugar per recipe
 - ❑ $3 \times 250 \text{ ml} = 750 \text{ ml}$ white sugar per recipe
 - ❑ 1 cup (250 ml) molasses per recipe
 - ❑ $750 + 250 = 10 \text{ ml added sugars per cookie}$
100 cookies

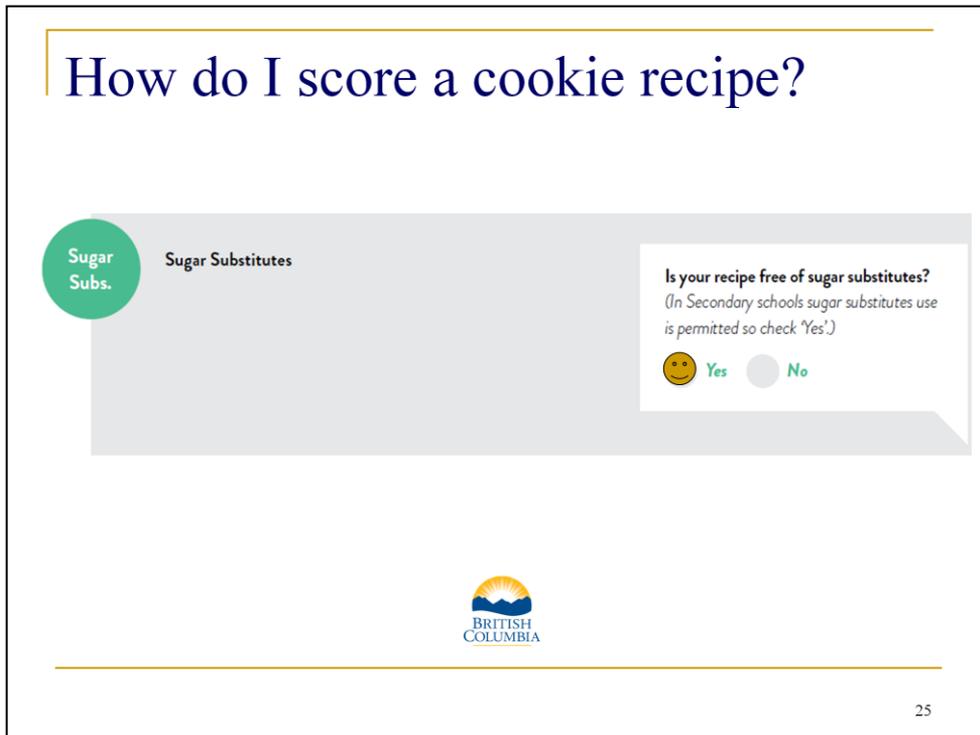
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Reading on, the next section is sugars. The question on the right side of the page asks, “Does your recipe have 20ml or less of added sugars (includes all sugars, honey, molasses, syrup, chocolate chips and candies) per serving sold?”.

Here are the calculations required. Our cookie recipe calls for 3 cups of white sugar and 1 cup of molasses. The total amount of added sugars in the recipe is 1000ml (750 ml of sugar plus 250ml of molasses).

To calculate how much added sugar is in one portion (i.e. one cookie), we divide the total of added sugars by the number of portions per recipe (100 cookies). So 1000ml of sugar divided by 100 equals 10 ml of added sugar per cookie. We can answer yes to this question and continue on with the Checklist.

How do I score a cookie recipe?



The screenshot shows a form with a grey header bar. On the left, there is a green circle containing the text 'Sugar Subs.' and the text 'Sugar Substitutes' next to it. On the right, there is a white box containing the question 'Is your recipe free of sugar substitutes?' followed by a note in italics: '(In Secondary schools sugar substitutes use is permitted so check 'Yes'.)'. Below the question are two radio button options: 'Yes' with a yellow smiley face icon and 'No' with a grey circle icon. The 'Yes' option is selected. At the bottom center of the form is the British Columbia logo, and at the bottom right is the number '25'.

The next section is sugar substitutes. The question asks, “Is your recipe free of sugar substitutes?”. Sugar substitutes include artificial sweeteners and intense sweeteners such as aspartame (NutraSweet, Sweet’n Low, Sugar Twin), sucralose (Splenda), sugar alcohols such as maltitol, mannitol, sorbitol xylitol, and steviol glycosides (stevia). Sugar substitutes are only permitted for use in Secondary schools.

We can answer “Yes” to this question since our recipe does not include any sugar substitutes.

Appendix B, “Understanding the Nutrition Information on the Food Label”, in the Guidelines Manual provides more information about sugar substitutes.

How do I score a cookie recipe?

Fat

Using small amounts of fat

When your recipe includes any of the ingredients below, follow the numbered instructions.

Key Sources of Fat

- Vegetable oil
 - Butter
 - Salad dressing
 - Cream cheese
 - Cheese
- ➔
- Margarine
 - Mayonnaise
 - Cream
 - Sour cream
 - Chips or prepackaged crispy noodles

For more information contact
[HealthLink BC - Dial 8-1-1](#)



The next section is fat. Scan the Key Sources of Fat list to see if the cookie recipe includes any of the listed ingredients. The cookie recipe includes margarine.

How do I score a cookie recipe?

Fat

Using small amounts of fat (cont.)

Calculate fat in your recipe

1. For each ingredient above:
 - Look at the product's food label and see how much fat (in g) is in a serving
 - Compare the serving size at the top of the food label to the amount in your recipe and use this to calculate how much fat is in the amount you use
2. Add up the fat that each product contributes to the recipe
3. Divide this result by the number of servings your recipe serves

Nutrition Facts	
Serving Size 2 tsp (10 g)	
Per Serving	% Daily Value*
Calories 70	
Calories from Fat 72	
Total Fat 8.0g	12%
Saturated Fat 1.0g	5%
Polyunsaturated Fat 2.0g	
Monounsaturated Fat 4.5g	
Sodium 70mg	3%
Vitamin A 10%	

■ Calculations:

- 1 cup margarine in recipe
- $\frac{250 \text{ ml}}{10 \text{ ml}} = 25$
- $25 \times 8 \text{ g} = \mathbf{200 \text{ g fat}}$

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Follow the numbered steps to calculate how much fat is in 1 cup (250ml) of margarine. Use the information on the Nutrition Facts Table to do the calculations.

Based on the calculations, 1 cup of margarine contains 200g of fat.

How do I score a cookie recipe?

- 200 g = **2 g fat per cookie**
100 cookies

Does your recipe have 7g of fat or less per serving sold?

Yes No



The next step is to determine how much fat is in each cookie. There are 200g of fat in the entire batch and the recipe yields 100 cookies. 200g of fat divided by 100 cookies is 2g of fat per cookie.

“Does your recipe have 7g of fat or less per serving sold?”. We can answer yes to this question since one cookie from our recipe has 2 g of fat.

How do I score a cookie recipe?

Trans Fat

Minimizing trans fat

1. If your recipe does not contain margarine, shortening or prepackaged pastry dough or shells, check 'Yes' and move on.
2. Check the ingredient lists of these products for the words 'hydrogenated' or 'partially hydrogenated'. If these words are not in the ingredient lists, check 'Yes' and move on.
3. If your product has these words in the ingredient list, use the Trans Fat Calculator to make sure it meets the trans fat restrictions.

Do all of the products in your recipe meet the trans fat restrictions?



■ Check the Ingredient List

Ingredients

Canola and sunflower oils 74%, water, modified palm and palm kernel oils 6%, salt 1.8%, whey protein concentrate 1.4%, soy lecithin 0.2%, vegetable monoglycerides, potassium sorbate, vegetable colour, artificial flavour, citric acid, vitamin A palmitate, vitamin D3, alpha-tocopherol acetate (vitamin E).

*Use the Trans Fat Calculator when necessary to calculate % trans fat



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The last section asks about trans fat: “Do all of the products in your recipe meet the trans fat restrictions?”. To answer this question follow the numbered steps.

1. If your recipe does NOT contain margarine, shortening, or prepackaged pastry dough or shell, check Yes and move on. Our recipe contains margarine so we need to move to the next question.
2. Check the ingredient list for the words hydrogenated or partially hydrogenated. If these words are NOT on the ingredient list, check yes and move on.

Here are the ingredients for the margarine. The words “hydrogenated” or “partially hydrogenated” do not appear in the ingredient list. This tells us that the margarine does not contain trans fat. We can answer “yes” to the question. The margarine in our cookie recipe meets the trans fat restriction.

If the margarine did contain trans fat, you would use the Trans Fat Calculator to make sure it meets the trans fat restriction (2% or less trans fat of total fat for soft margarines and oils).

How do I score a cookie recipe?

- Scoring
 - All “Yes” checkmarks = Sell
 - Any “No” checkmarks = Do Not Sell

 - This recipe scores as Sell when scored per cookie



We answered “yes” to all of the questions in the Checklist. This means our ginger snap recipe scores as Sell when scored per cookie. If you wanted to sell a portion of 2 cookies to students, you would need to re-do the Checklist using a yield of 50 portions instead of 100 portions.

If we had answered “no” to any of the questions in the Checklist, the cookie recipe would have scored as Do Not Sell.

How do I score a cookie recipe?

- Use the Checklist Scoring Summary Sheets to document the scores of your freshly made food and beverages.
- Find the Scoring Summary Sheets for each food and beverage category at:

www.healthlinkbc.ca/foodguidelines



HealthLinkBC

Scoring Summary for Freshly Made Food and Beverages*

Name of food service establishment: _____
 Date of scoring: _____
 Person providing scoring: _____
 Contact number: _____

Grain Dishes and Baked Goods

Menu Item	Amount per serving solid						Trans Fat	Meets trans fat restrictions? Y or N	Scoring If all answers are 'Y', write 'Sell'. If not, write 'Do Not Sell'
	Sodium	Sugars	Sugar Substitutes	Fat	Free of sugar substitutes or sold at a secondary school? Y or N	Meets trans fat restrictions? Y or N			
	mg	450 mg or less? Y or N	ml	20 ml or less? Y or N	g	7 g or less? Y or N			
ex. Blueberry muffin	200	Y	15	Y	Y	5	Y	Y	Sell



5. What can I do if my recipe scores as “Do Not Sell”?



What can I do if my recipe scores as Do Not Sell?

- Use the scoring tips in the Checklist
- Reduce the portion size
- Substitute ingredients
- Use a different recipe
- Call 8-1-1 for reformulation assistance



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What can you do if your recipe scores as Do Not Sell?

1. Use the scoring tips in the Checklist to improve the score of your recipe
2. Reduce the portion size when feasible. (e.g. cut a pizza into 8 pieces instead of 6)
3. Substitute ingredients or reduce the amount of ingredients like sugars, salt, margarine and oil. Make small changes and taste test as you try to reformulate your recipe. Ingredients like sugar and fat contribute to the taste and texture of the final product.
4. Use a different recipe. The recipes in the Bake Better Bites and Tips and Recipes for Quantity Cooking cookbooks have been pre-scored and meet the Guidelines. You do not have to score these recipes.
5. Call 8-1-1 and speak with a HealthLinkBC dietitian for reformulation ideas.

**Dietitian Services at
HealthLinkBC**

Call 8-1-1
to speak to a Registered Dietitian

Monday to Friday: 9am - 5pm

Translations services are available in more than 130 languages
HealthLink BC Dietitians can also answer your questions by email

www.healthlinkbc.ca



The Registered Dietitians at HealthLinkBC are available to support the implementation of the 2013 edition of the Guidelines.

We want to hear from you

- Did this presentation meet your expectations?
- Will this information help you put the Guidelines into action?
- Is there anything that could be changed to improve the presentation?
- Email us your thoughts and comments at foodpolicy@gov.bc.ca

Your feedback will help shape future presentations.

