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 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.
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
3. How do I use the Checklist?
How do I use the Checklist?

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.

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
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.
How do I use the Checklist?

Table of Contents

20 Salads, Vegetables and Fruit Dishes

22 Grain Dishes and Baked Goods

25 Meat and Alternative Dishes

27 Mixed Entrées, Sandwiches, Wraps, Pitas Burgers and Pizza

30 Side Dishes

32 Soup

34 Side Sauces and Dips

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

**Fat**

**Key Sources of Fat**
- Vegetable oil
- Butter
- Salad dressing
- Cream cheese
- Cheese
- Margarine
- Mayonnaise
- Cream
- Sour cream
- Chips or prepackaged crispy noodles

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

Ginger Snap Cookie Recipe

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
</tr>
</thead>
<tbody>
<tr>
<td>All purpose flour</td>
<td>5 cups</td>
</tr>
<tr>
<td>Baking soda</td>
<td>1 tsp</td>
</tr>
<tr>
<td>Salt</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Ground ginger</td>
<td>1 tbsp</td>
</tr>
<tr>
<td>Soft margarine</td>
<td>1 cup</td>
</tr>
<tr>
<td>White sugar</td>
<td>3 cups</td>
</tr>
<tr>
<td>Molasses</td>
<td>1 cup</td>
</tr>
<tr>
<td>Large eggs</td>
<td>3</td>
</tr>
</tbody>
</table>

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
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
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.

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**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.
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.

**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
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 ml x 475 = 1187.5 mg 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)

<table>
<thead>
<tr>
<th>Per Serving</th>
<th>% Daily Value</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>70</td>
</tr>
<tr>
<td>Calories from Fat</td>
<td>72</td>
</tr>
<tr>
<td>Total Fat</td>
<td>8.0g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>1.0g</td>
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<tr>
<td>Polyunsaturated Fat</td>
<td>2.0g</td>
</tr>
<tr>
<td>Monounsaturated Fat</td>
<td>4.5g</td>
</tr>
<tr>
<td>Sodium</td>
<td>70mg</td>
</tr>
<tr>
<td>Vitamin A</td>
<td>10%</td>
</tr>
</tbody>
</table>
```

**Calculations:**
- 70 mg sodium per 2 tsp (10ml)
- 1 cup (250ml) margarine in the recipe
- \( 250 \text{ ml} = 25 \) 
- \( 10 \text{ ml} \)
- \( 25 \times 70 \text{ mg} = 1750 \text{ mg sodium} \)
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:
  - $1187.5 \text{ mg} + 1750 \text{ mg} = 2937.5 \text{ mg sodium per recipe}$
  - $2937.5 \text{ mg} = 29.4 \text{ mg sodium per cookie}$

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

- Yes
- No
How do I score a cookie recipe?

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
How do I score a cookie recipe?

Sugar Substitutes

Is your recipe free of sugar substitutes?
(In Secondary schools sugar substitutes use is permitted so check ‘Yes’.)

😊 Yes ⬤ No
How do I score a cookie recipe?

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
How do I score a cookie recipe?

Calculations:
- 1 cup margarine in recipe
- $\frac{250 \text{ ml}}{10 \text{ ml}} = 25$
- $25 \times 8 \text{ g} = 200 \text{ g fat}$
How do I score a cookie recipe?

- $200 \text{ g} = 2 \text{ g fat per cookie}$
  100 cookies

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

- Yes
- No
How do I score a cookie recipe?

- **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*
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
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
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
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