

Healthier Choices in Vending Machines in B.C. Public Buildings Policy Paper

1. Objectives

- Provide direction for the development of policies for Provincial Public Bodies mandating healthier choices in vending machines
- Increase the range of healthier food and beverage choices available in vending machines in Public Buildings
- Promote an environment that encourages healthier eating
- Support the growth of markets in the area of healthier foods
- Assist vending operators in identifying healthier food and beverage choices
- Encourage discussions on healthy living

2. General

In November 2006, the *Healthier Choices in Vending Machines in British Columbia Public Buildings* policy was introduced to replace junk food with healthy food and beverages in vending machines. The policy supports government's priority to help British Columbians make healthy choices where they live, learn, work and play.

2.1 Definitions

- "Nutritional Guidelines" refers to the *Nutritional Guidelines for Vending Machines in B.C. Public Buildings*. (See Appendix III.) These guidelines provide nutritional criteria on the food and beverages allowed in vending machines in Public Buildings.
- "Provincial Public Bodies" refers to the ministries, health authorities, Public Post secondary Institutions, and Crown corporations.
- "Public Buildings" is defined as all B.C. public buildings owned or leased by Her Majesty (through the Accommodation and Real Estate Services division, Ministry of Citizens' Services and Open Government) or Provincial Public Bodies. The Clarification Grid, (See Appendix I) clarifies which building circumstances are considered in or out of scope.

3. Policy

- Vending machines in Public Buildings will contain no food or beverage choices from the "Do Not Sell" category according to the Nutritional Guidelines.
- At least 50% of all food and beverage choices within a bank of vending machines in any given location in a building covered by this policy must be from the "Sell Most" category.
- The policy extends to all vending machines managed by Provincial Public Bodies.
- The interpretation of this policy is the responsibility of the Ministry of Health.

3.1 Inclusions

- The policy applies in the post secondary sector when the vending contract is held by a Public Post-secondary Institution and the vending machine is located on property owned or leased by the Public Post-secondary Institution as part of the institution's educational campus (e.g., academic buildings, student activity and support buildings such as gymnasiums, student common space).

3.2 Exemptions

- Buildings owned by Provincial Public Bodies that are leased to third party providing non-government services.
- Residential facilities, including long-term care facilities and correctional facilities. The policy applies only in common areas used by staff or the public.
- Post-secondary residential facilities.

4. Implementation

4.1 Implementation Guidelines

- Implementation is to commence immediately. To assist with this endeavour, reference the General Guidelines for Contractual Obligations. (*See Appendix II*)
- Current contracts are not to be altered or terminated unilaterally. However, early compliance is strongly encouraged.
- In the case where non-contractual arrangements exist with vending operators, changes should begin immediately.

4.2 Roles and Responsibilities

- *All Ministries* are responsible for implementing this policy in their respective organizations.
- Reporting and monitoring requirements are currently under review.
- *Ministry of Health* is responsible for the nutritional aspects of this policy and for assisting Health Authorities as needed to ensure this policy is implemented.
- *Health Authorities* are responsible for implementing this initiative within their respective organizations in a manner consistent with this general policy. Compliance will be incorporated into the health system performance framework for health authorities. This will create an accountability deliverable as a health system performance improvement measure.
- *Ministry of Advanced Education, Innovation, and Technology* is responsible for working with Public Post-Secondary Institutions to find the best way to implement this policy.
- *Public Post-Secondary Institutions* are responsible for implementing this initiative within their respective organizations in a manner consistent with this general policy.

The compliance requirement will be incorporated into the shareholder budget and accountability letters.

- *Crown corporations* are responsible for implementing this policy in their respective organizations. In their Shareholder's Letters of Expectation, Crown corporations agree to establish and implement corporate policies that are consistent with the Shareholder's general direction. They are, therefore, obliged to abide by the policy once informed of it by their minister responsible.

5. Information and References

5.1 Nutrition Information

- [Dietitian Services at HealthLink BC](#) - Dietitians are available by telephone or by email to answer nutrition questions on topics such as healthy body weight, food safety, and diets for health conditions. Dietitian Services is available by dialing 8-1-1 and asking to speak to a registered dietitian.
- Eating Well with Canada's Food Guide - Online at www.healthcanada.gc.ca/foodguide.

5.2 Vendor Information

- Vendors can access the nutritional guidelines in *Appendix III*.

Appendix I Clarification Grid

Public Buildings are defined as all B.C. Public Buildings, owned or leased by Her Majesty (through the Accommodation and Real Estate Services Division (“ARES”), Ministry of Citizens’ Services and Open Government,) or Provincial Public Bodies, including health authorities, Public Post-secondary Institutions and Crown corporations. Additionally, the policy extends to all vending machines managed by Provincial Public Bodies.

Policy implementation is based on the existing decentralized procurement model where each Provincial Public Body manages its own vending arrangements. Informal arrangements where they exist should be replaced with formal contracts that incorporate the policy: changes are to commence immediately. Where there are multiple Provincial Public Bodies in the same building and it is unclear who has responsibility, the tenant with the most space in the building (“Primary Tenant”) is responsible for seeing that policy implementation occurs in shared common spaces.

The following grid is provided to clarify the building circumstances that are in and out of scope and who is responsible for contract negotiations to implement the policy:

Building Circumstance	Vending Machines in Scope	Responsible for Contract Negotiations to Implement the Policy
Building is owned by ARES or a Provincial Public Body and occupied by a Provincial Public Body	All	Each Provincial Public Body is responsible for vending machines in their area. The Primary Tenant is responsible for machines in shared common areas.
Building is owned by ARES or a Provincial Public Body but leased in part to a private business or entity.	All	Each Provincial Public Body is responsible for vending machines in their area. The Primary Tenant is responsible for machines in shared common areas and for communicating policy to private lessees.
Building 100% leased by ARES or a Provincial Public Body on behalf of one or more Provincial Public Bodies.	All	Each Provincial Public Body is responsible for vending machines in their area. Responsibility for shared common areas is with the Primary Tenant.

Building Circumstance	Vending Machines in Scope	Responsible for Contract Negotiations to Implement the Policy
The building is partially leased by ARES or a Provincial Public Body from a private owner on behalf of one or more Provincial Public Bodies.	All machines located in areas leased by Provincial Public Bodies and/or contracts are managed by a Provincial Public Body.	Each Provincial Public Body is responsible for implementation of policy for all vending machines in the leased spaces under their responsibility. For machines in shared common areas within Provincial Public Bodies leased space and where it is unclear who has the responsibility, the Primary Tenant is responsible. Exception: Vending machines under the responsibility of the private sector and are not within Provincial Public Bodies leased areas.
Real estate investment buildings (owned by ARES or Provincial Public Bodies) and leased to a private sector tenant providing non-government services (e.g. Surrey Mall)	Out of scope	
Residential facilities, (including long-term care facilities, postsecondary residential facilities, and the residential portion of correctional facilities)	Out of scope	
All other circumstances associated with Public Buildings not identified above.	Encouraged to participate	The Provincial Public Body is responsible for encouraging participation.

Appendix II

General Guidelines for Contractual Obligations

In accordance with the Healthier Choices in Vending Machines in B.C. Public Buildings Policy Paper, items from the “Do Not Sell” categories from the Nutritional Guidelines for Vending Machines in B.C. Public Buildings (“Nutritional Guidelines”) are to be eliminated from all vending machines in Public Buildings as soon as possible.

Recognizing that each Provincial Public Body, including but not limited to health authorities, Public Post-secondary Institutions, and Crown corporations, (“Provincial Public Body”) may have different contractual relations with those providing vending services (the “Contractor”), the following is provided to assist you in addressing your Institution’s particular situation:

1. Contract Exists

Provincial Public Bodies are to work within the terms of the existing contract to modify the items sold in vending machines as soon as possible.

If the existing terms of the contract do not allow changes to the vending machine items, then Provincial Public Bodies are to continue with the terms of the existing contract until the expiration date.

Provincial Public Bodies should develop a procurement strategy to ensure the next contract reflects the requirements of the Nutritional Guidelines.

2. Procurement Process Commenced

Provincial Public Bodies which are currently in the process of looking for Contractors should ensure that their procurement documents reflect the requirements of the Nutritional Guidelines.

3. No Formal Contract Exists

For Provincial Public Bodies which have informal arrangements for the supply of vending machine items a procurement strategy should be developed immediately to ensure that contracts are formalized and in line with the Nutritional Guidelines.

4. Contract Renewals

Contracts which contain optional renewal terms, Provincial Public Bodies are to ensure the renewal terms allow for items to reflect the Nutritional Guidelines.

For contracts with no renewal terms, Provincial Public Bodies are to ensure their procurement document reflect the requirements of the Nutritional Guidelines.

5. Revenue Reporting

Note that any and all revenue from vending machine contracts is to be reported in accordance with each Provincial Public Body’s revenue policy.

**Appendix III
Nutritional Guidelines for
Healthier Choices in Vending Machines in B.C. Public Buildings Policy
(2013 Edition)**

Nutrient Criteria

Vegetables and Fruit

Food in this category has a fruit or vegetable as the first ingredient (not including water).

- Juice and concentrated fruit juice are scored in the 'Vegetable and Fruit Juice' beverage category.

Examples of Food Scored in this Category: unprocessed vegetables and fruit (for example, carrots, apples, bananas, oranges), applesauce, dried seaweed, dried fruit, frozen fruit bars, fruit cups, fruit gummies, fruit or vegetable chips and vegetable-only salad with dressing.

- All fresh and unprocessed vegetables and fruits score as Sell Most

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	5 g or less		More than 5g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	140 mg or less	300 mg or less	More than 300 mg
Sugars	20 g or less	30 g or less	More than 30 g
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Grain Products

Food in this category has a grain listed as the first or second ingredient (not including water). Some examples of grain ingredients include flour, oats, barley, rice, and bran.

- Granola bars and cereal bars are scored in the 'Snack Bars and Trail Mixes' category.
- Breakfast cereals are scored in the 'Prepackaged Hot and Cold Breakfast Cereals' category.

Examples of Food Scored in this Category: bagels, bread, buns, loaves, muffins, cookies, doughnuts, toaster pastries, crackers, pretzels, rice cakes, tortilla chips, seasoned or sauced noodles.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	First ingredient must be a whole grain (not including water, fruit or vegetable)	No whole grain criteria	No whole grain criteria
Fat	5 g or less	7 g or less	More than 7 g
Saturated Fat	3 g or less		More than 3 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	6 g or less *If fruit is the first or second ingredient, may have up to 14 g sugar	16 g or less *If fruit is the first or second ingredient, may have up to 20 g sugar	More than 16 g *If fruit is the first or second ingredient, product has more than 20 g sugar
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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	

Prepackaged Hot and Cold Breakfast Cereals

Food in this category includes prepackaged cold breakfast cereals or prepackaged hot cereal mixes.

Examples of Food Scored in this Category: ready-to-eat cold cereals, instant cream of rice, instant cream of wheat, instant oatmeal.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	First ingredient must be a whole grain (not including water or fruit)	No whole grain criteria	No whole grain criteria
Fat	5 g or less	7 g or less	More than 7 g
Saturated Fat	3 g or less		More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	200 mg or less	300 mg or less	More than 300 mg
Sugars	6 g or less *If fruit is the first or second ingredient, may have up to 14 g sugar	16 g or less *If fruit is the first or second ingredient, may have up to 20 g sugar	More than 16 g *If fruit is the first or second ingredient, product has more than 20 g sugar
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Milk and Alternative-Based Food

Food in this category has milk or milk ingredients as the first ingredient. Some examples of milk ingredients include cream, evaporated milk, milk, modified milk ingredients, milk solids, skim milk powder and whey. Fortified plant based yogurts and cheeses are also scored in this group.

Examples of Food Scored in this Category: cheese, custard, frozen soy-based desserts, frozen yogurt, gelato, ice cream, pudding, and yogurt.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	15 g or less		More than 15g
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	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Meat & Alternatives

Food in this group has a meat or alternative as the first or second ingredient.

- All protein bars and trail mixes (i.e. mixes of two or more of: fruit, nut/seed, or grains) are scored in the 'Snack Bars and Trail Mixes' category.

Examples of Food Scored in this Category: plain or seasoned nuts, plain or seasoned seeds, meat or fish jerky, and salami sticks.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Calories	250 calories or less	350 calories or less	More than 350 calories
Fat	12 g or less (Nut & Seed Products are exempt from fat criteria)	16 g or less (Nut & Seed Products are exempt from fat criteria)	More than 16 g
Saturated Fat	5 g or less	7 g or less	More than 7 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	250 mg or less (Peanut, nut and seed products must have 200 mg or less)	450 mg or less (Peanut, nut and seed products must have 300 mg or less)	More than 450 mg (Peanut, nut and seed products with more than 300mg)
Sugars	4 g or less	8 g or less	More than 8g
Protein	7 g or more (Peanut, nut and seed products are exempt from protein criteria)	5g or more (Peanut, nut and seed products are exempt from protein criteria)	Less than 5 g (Peanut, nut and seed products are exempt from protein criteria)
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Vegetable and Fruit Juices

Beverages in this category have a vegetable or fruit juice, or a vegetable or fruit puree as the first ingredient (not including water).

Examples of Beverages Scored in this Category: frozen fruit juice bars, fruit cocktails, fruit juice, fruit juice smoothies, fruit & vegetable juice blends, tomato juice, and vegetable juice.

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	No juices fit in this category	360 ml or less	More than 360 ml
Fat		5 g or less	More than 5 g
Trans Fat		5% or less of total fat	More than 5% of total fat
Added Sugars		No Added Sugars ("concentrated fruit juice" is considered an added sugar if it is not preceded by water in the ingredient list)	Added Sugars ("concentrated fruit juice" is considered an added sugar if it is not preceded by water in the ingredient list)
Sodium		200 mg or less per 250ml	More than 200 mg per 250ml
Sugar Substitutes		May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine		No limit	No limit
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

Milk & 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 and 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	500 ml or less		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	No criteria	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	No criteria	No criteria
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Other Beverages

Beverages in this category are non-juice, non-milk based drinks.

- Fortified plant-based beverages are scored in the 'Milk and Alternative Beverages' category.

Examples of Beverages Scored in this Category: bottled water, flavoured water, fruit-flavoured drinks, iced tea, soft drinks, sparkling water, sport/electrolyte drinks, vitamin-enhanced water.

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	No beverage other than plain water (still or carbonated) fits in this category.	600 ml or less	More than 600 ml
Fat		3 g or less	More than 3 g
Trans Fat		5% or less of total fat	More than 5% of total fat
Sodium		200 mg or less per 250 ml	More than 200 mg per 250 ml
Sugars		8 g or less	More than 8g
Sugar Substitutes		May contain Sugar Substitutes	May Contain Sugar
Caffeine		No limit	No limit
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

Mixed Entrees

Food in this category contains ingredients from two or more food groups and does not fit into the single food categories. These foods are served as the main part of a meal. Hearty soups such as minestrone and fish chowders served as a meal are scored in this category.

Food in this category is rarely found in vending machines.

- Smaller portions of these foods that are not served as a meal can be scored in the 'Side Dishes' category.

Examples of Food Scored in this Category: breakfast bagels, burritos, chili, curries, lasagna, meal-style salads, sandwiches, stews, sushi, and wraps.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	If first ingredient is a grain, the grain must be a whole grain	No whole grain criteria	No whole grain criteria
Fat	17 g or less		More than 17 g
Saturated Fat	5 g or less	8 g or less	More than 8 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	700 mg or less	900 mg or less	More than 900 mg
Sugars	24 g or less		More than 24 g
Protein	10 g or more		Less than 10 g
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Side Dishes

Food in this category contains ingredients from two or more food groups and does not fit into the single food categories. These foods are sold in smaller portions and are not served as the main part of a meal.

Examples of Food Scored in this Category: bean salads, Greek salad, green salad with seeds or cheese, half-portion of a sandwich or wrap, noodle sides, quinoa salad, samosas.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	If first ingredient is a grain, the grain must be a whole grain	No whole grain criteria	No whole grain criteria
Calories	300 calories or less		More than 300 calories
Fat	8 g or less		More than 8 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	12 g or less		More than 12 g
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
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

Soups

Food in this category includes all dry, canned and fresh soups.

- Hearty meal-style soups sold as the main part of a meal are scored in the 'Mixed Entrees' category.

Examples of Food Scored in this Category: chicken noodle soup, cream of vegetable soup, tomato soup, vegetable soup, wonton soup.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	4 g or less	7 g or less	More than 7 g
Saturated Fat	2 g or less	3 g or less	More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	400 mg or less	500 mg or less	More than 500mg
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Snack Bars and Trail Mixes

Food in this category includes bar-type snacks and trail mixes.

- Trail mixes scored here include mixes of two or more of: fruit, nut/seed, or grains.
- Nut and/or seed-only mixes (plain, sugared or seasoned) are scored in the 'Meat and Alternatives' category.

Examples of Food Scored in this Category: cereal bars, fruit bars & leathers, fruit & nut bars, granola bars, meal replacement bars, protein bars, sports bars.

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Whole Grain	If first ingredient is a grain, the grain must be a whole grain	No whole grain criteria	No whole grain criteria
Calories	300 calories or less		More than 300 calories
Fat	5 g or less (If peanuts, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)	7 g or less (If peanut, nuts or seeds are the first or second ingredient, it is exempt from the fat criteria)	More than 7 g
Saturated Fat	3 g or less		More than 3 g
Trans Fat	5% or less of total fat		More than 5% of total fat
Sodium	200 mg or less	300 mg or less	More than 300 mg
Sugars	6 g or less (If fruit is the first or second ingredient, may have up to 20 g sugar)	16 g or less (If fruit is the first or second ingredient, may have up to 30 g sugar)	More than 16 g (If fruit is the first or second ingredient, product has more than 30 g sugar)
Sugar Ingredients	First ingredient may not be a sugar	First ingredient may not be a sugar	First ingredient is a sugar
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Condiments, Dressings, Dips and Spreads

Food in this category includes condiments, dressings, dips and spreads that are served **on the side** with meals.

- When used as an ingredient in a food or beverage, score as a whole dish in the appropriate food or beverage category.

Examples of Food Scored in this Category: hummus, cream cheese, barbeque sauce, butter, honey, ketchup, margarine, mayonnaise, salad dressings, salsa, sour cream, soy sauce

Does the prepackaged product meet the Nutrient Criteria?

All amounts are per portion size sold, unless indicated

	SELL MOST	SELL SOMETIMES	DO NOT SELL
Fat	10 g or less		More than 10 g
Trans Fat	5% or less of total fat <i>(soft spreadable margarine and oil must have 2% or less of total fat)</i>		More than 5% of total fat <i>(soft spreadable margarine and oil must have 2% or less of total fat)</i>
Sodium	200 mg or less		More than 200 mg
Sugars	8 g or less		More than 8 g
Sugar Substitutes	NO Sugar Substitutes	May contain Sugar Substitutes	May contain Sugar Substitutes
Caffeine	No limit		No limit
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

Confectionery

Food in this category does not contain a major ingredient from any of the four food groups in Canada's Food Guide.

Examples of Food Scored in this Category: candies, chewing gum, chocolate bars, gummies, gelatin desserts (e.g. jello), licorice, popsicles and freezies if not prepared with fruit or fruit juice

- Only sugar- free gum can be sold.

Natural Health Products

(E.g. vitamin and mineral-enhanced beverages)

Natural health products (NHPs) are not regulated as food under Canada's Food and Drug Regulations. They are similar to medications in that they are intended to be consumed for specific conditions and in limited doses.

Examples of NHPs:

- Some vitamin and mineral enhanced beverages
- Some protein powders

Currently many of the food and beverage products previously regulated as Natural Health Products (e.g. caffeinated energy drinks, vitamin and mineral waters) are being transitioned into the *Food and Drug Regulations*. As part of this transition, Health Canada is collecting market and consumer use data on these products, which will inform future amendments to the *Food and Drug Regulations*. These amendments will set minimum and maximum amounts for added vitamins, minerals and other active ingredients and establish labelling requirements for these types of products. As a precautionary step, **products that include any of the following pieces of information on the label are not permitted for sale in vending machines in public buildings in B.C.:**

1. Cautionary or warning statements (e.g. "Do not consume more than 'X' servings daily", "Use 'X' servings maximum daily", "Not recommended for children").
2. A declared amount of a botanical or herbal ingredient (e.g. 'X' mg Energy Blend, ginseng, ginkgo biloba, milk thistle, guarana seed extract, grape skin extract, or Coenzyme Q10).

Three ways to identify a Natural Health Product:

1. Look for a NPN/DIN-HM or EN number on the package
2. Look for the words Recommended Dose, Medicinal Ingredients and Non-medicinal Ingredients on the package.
3. Search for the product in the Licensed Natural Health Products Database.