
Policy Title: Supply and Sale of Healthy Food and Beverages in City Facilities

Policy Number: 08-03-09

Section: Community Services

Effective Date: September 24, 2025

Approved by:

Council

Subsection: Recreation

Last Review Date: September, 2025

Owner Division/Contact:

Recreation and Culture Division

Policy Statement

The City is committed to creating a healthy food environment in City Facilities by ensuring that healthy food and beverage options are available for purchase from Concession Services and Vending Machines.

Purpose

The Regional Municipality of Peel Nutrition Standards (the “Nutrition Standards”) outline nutrition guidelines for food and beverages made available in community settings such as City Facilities (see Appendix A). The Nutrition Standards are intended to support the creation of a healthy food environment by gradually increasing the number of healthy foods and beverages made available for purchase. This policy establishes the minimum amount of foods and beverages made available for sale through Concession Services and Vending Machines that must meet the Nutrition Standards (expressed as a percentage of total product offerings).

Scope

This policy applies to Vending Machines and Concession Services operated by the City at City Facilities.

Exclusions

This policy does not apply to:

- Concession Services operated by third parties at City Facilities
- Banquet and Event Spaces at City Facilities, or
- Restaurants and cafeterias at City Facilities

Definitions

For the purposes of this policy:

“City” means the Corporation of the City of Mississauga.

“City Facility” means any facility owned or operated by the City of Mississauga, including but not limited to City Hall, the Living Arts Centre, community centres, libraries, marinas and parks.

“Concession Services” means food and beverage refreshments sold at City Facilities that are not sold through Vending Machines.

“Event Space” means an indoor or outdoor space at a City Facility rented for ticketed or public events or banquets.

“Nutrition Standards” means the minimum nutritional standard for food and beverage products as outlined in the Regional Municipality of Peel Nutrition Standards 2024.

“Vending Machine” means a machine located in a City Facility that dispenses items such as food or drinks that requires a payment transaction via coin, bill or payment card.

Roles and Responsibilities

Manager, Food Services

The Manager, Food Services is responsible for:

- Administering this policy
- Categorizing food and beverage options in accordance with the Nutrition Standards
- Ensuring that procurement documents pertaining to food and beverages include a copy of this policy (including the Nutrition Standards), and
- Ensuring that contracts for the supply of food and beverages comply with this policy

Manager, Business and Marketing Solutions

The Manager, Business and Marketing Solutions is responsible for ensuring that marketing related to Vending Machines and Concession Services includes promotion of healthy food and beverages in addition to other offerings.

Director of Recreation and Culture

The Director, Recreation and Culture is responsible for approving any exceptions to this policy.

Requirements

Food Products

A minimum of 25% of all food products made available for sale through Concession Services and Vending Machines must meet the Nutrition Standards.

Beverage Products

A minimum of 50% of all beverage products made available for sale through Concession Services and Vending Machines must meet the Nutrition Standards.

Policy Number: 08-03-09

Effective Date: September 24, 2025

Policy Title: Supply and Sale of Healthy Food and
Beverages in City Facilities

Last Review Date: September, 2025

3 of 3

Revision History

Reference	Description
GC-0131-2020 – March 25, 2020	Effective September 1, 2020.
September 14, 2021	Revised to add Meadowvale Theatre to policy exclusions.
GC-0379-2025 – September 24, 2025	Scheduled review. Substantial revision to align with the current Region of Peel Nutrition Standards and to remove outdated content.

Appendix A

Region of Peel Nutrition Standards

August 2024

Region of Peel Nutrition Standards* (2024)

Table of Contents

1.	Overview	page 2
2.	Region of Peel Nutrition Standards	page 4
a.	Section 1: Prepackaged Products	page 6
b.	Section 2: Prepared Foods	page 11
c.	Healthier Ingredient List	page 12
3.	Assessment and Implementation Tool	page 15
4.	Glossary	page 20

Overview

The Region of Peel Nutrition Standards (2024) enable healthy eating behaviours among Peel residents. They are used to help create a supportive environment by providing healthier food and beverage options and by promoting healthy eating.

The Nutrition Standards were developed based on an evidence review that included North American nutrition standards, [Canada's Food Guide \(2019\)](#), practice-based evidence and food and beverage product marketplace availability.

The Nutrition Standards outline nutrition guidelines for food and beverages sold or offered in community settings (e.g. workplaces, community/recreation centres, places of worship), excluding schools.¹ The nutrition standards do not apply to children under the age of two.

These standards can be used by food service providers, management/employees, chefs/cooks, and volunteers with the assistance of a Region of Peel – Public Health Dietitian.

The Nutrition Standards are presented in two sections:

- Section 1: Prepackaged Products (i.e. have a [Nutrition facts table](#))
- Section 2: Prepared Foods (i.e. made from scratch)

In each Section, food and beverages are categorized in **Food and Beverage Categories** as follows:

- Vegetables and Fruit
- Grain Foods
- Protein Foods
- Mixed Food Products
- Miscellaneous Products

Each Category has specific nutrition criteria to determine if the food product or beverage meets the Nutrition Standards.

* **Note:** the Region of Peel Nutrition Standards 2024 have not been piloted. As such, they may be subject to future changes.

¹ Schools use the Ontario School Food and Beverage Policy (P/PM150) (Ministry of Education, 2010)

Region of Peel Nutrition Standards* (2024)

Every organization is unique, and your progress to create a healthy food environment may vary depending on several factors. It is recommended to gradually increase the number of healthier products and decrease the number of unhealthy products, as well as use marketing strategies to support the changes.

Region of Peel – Public Health Support

A Peel Public Health Dietitian can support you with the food environment assessment, the implementation of the Nutrition Standards and provide recommendations using the *Nutrition Standards Assessment and Implementation Tool*. The Dietitian will schedule planning meetings, regular check-in meetings and additional meetings as needed.

Peel Public Health recommends organizations reach an initial Goal 1 with the help of a Public Health Dietitian. Once this is achieved, or if your organization already meets Goal 1, the Dietitian will continue to aid you to make further improvements to the food environment by assisting organizations to identify a customized Goal 2, and a plan to achieve and sustain the desired goals.

The chart below outlines minimum goals, followed by subsequent customized goals to aim for when using the Nutrition Standards

Item	Goal 1	Goal 2 (customized)
Beverages	Minimum of 50% of Beverages meet the Nutrition Standards	Further increase % of Beverages that meet the Nutrition Standards
Prepackaged Food	Minimum of 25% of Prepackaged Food meets the Nutrition Standards	Further increase % of Prepackaged Foods that meet the Nutrition Standards
Prepared Foods	Minimum of 25% of Prepared Food meets the Nutrition Standards	Further increase % of Prepared Foods that meet the Nutrition Standards
A Region of Peel Public Health Dietitian can help you with the assessment and implementation steps.		

Nutrition Standards Assessment and Implementation Tool

The *Nutrition Standards Assessment and Implementation Tool* has been developed to:

- establish a baseline of the current food environment,
- assess the food environment and jointly identify areas to make changes to meet the Nutrition Standards,
- gradually increase the number of healthier products and decrease the number of unhealthy products, and
- suggest strategies to support the changes.

Region of Peel Nutrition Standards* (2024)

REGION OF PEEL NUTRITION STANDARDS

The Region of Peel Nutrition Standards have been created to assess the food and nutrition environment in your organization. To assess the different formats that food and beverages are offered or sold, the Nutrition Standards have been divided into two sections:

- **Section 1 - Prepackaged Products**
- **Section 2 - Prepared Foods**

Each section includes Food and Beverage Categories based on Canada's Food Guide (see below).

FOOD AND BEVERAGE CATEGORIES	
○ Beverages	Includes all non-alcoholic beverages. Water is important for health and a great way to stay hydrated.
○ Vegetables and Fruit	Includes all vegetables and fruit, whether they are fresh, frozen, canned, and dried.
○ Grain Foods	Includes grains with a focus on whole grain foods, which provide important nutrients such as fibre, vitamins, and minerals.
○ Protein Foods	Includes proteins with an emphasis on offering plant-based protein foods more often.
○ Mixed Food Products	Includes food that is made up of more than one food grouping (Vegetables and Fruit, Grain Foods, Protein Foods). Use the nutrition criteria for Mixed Food Products to assess this category.
○ Miscellaneous Products	Includes food and beverages that have few or no essential nutrients and/or have high amounts of sodium, sugars, and/or saturated fat (i.e., highly processed foods and Neutral Products).

Assessment:

- To assess if the Prepackaged Products or Prepared Foods meet the Nutrition Standards, specific nutrition criteria has been developed for each Food and Beverage Category.
- To meet the Nutrition Standards, **all the Nutrition Criteria in each Category must be met.**
- Assessments are done per **portion served/sold** for each category (e.g., one bag of peanuts, one slice of pizza, one juice bottle)

Implementation:

Region of Peel Nutrition Standards* (2024)

The goal is to increase the number of healthier options that meet the Nutrition Standards and to decrease the number of unhealthy items. This process should be gradual and should include:

- A designated person to monitor and maintain the initiative
- Training of staff and/or volunteers
- Marketing strategies to promote healthy eating

The *Assessment and Implementation Tool* can help you make gradual changes in your food environment. The chart below outlines goals to aim for when using the Nutrition Standards.

Item	Goal 1	Goal 2 (customized)
Beverages	Minimum of 50% of Beverages meet the Nutrition Standards	Further increase % of Beverages that meet the Nutrition Standards
Prepackaged Food	Minimum of 25% of Prepackaged Food meets the Nutrition Standards	Further increase % of Prepackaged Foods that meet the Nutrition Standards
Prepared Foods	Minimum of 25% of Prepared Food meets the Nutrition Standards	Further increase % of Prepared Foods that meet the Nutrition Standards
A Region of Peel Public Health Dietitian can help you with the assessment and implementation steps.		

Section 1: Nutrition Standards for Prepackaged Products

To meet the Nutrition Standards for Prepackaged Products, all the Nutrition Criteria in each Category below must be met per portion served/sold.

BEVERAGES

Beverages to Promote
Water: without added sugar or artificial sweeteners (e.g., still, carbonated, unsweetened flavoured water)
Unsweetened Milk: $\leq 2\%$ Milk fat (M.F.)
Unsweetened Plant-based Beverages (e.g., soy, almond, oat): see Fortified Foods or Beverages with calcium and vitamin D
Beverages to Limit
Sweetened Milk or Milk-based Beverages (e.g., chocolate milk): $\leq 2\%$ M.F. and ≤ 28 g sugar
Sweetened Plant-based Beverages: fortified with calcium and vitamin D and ≤ 20 g sugar
Yogurt Drinks: $\leq 3.25\%$ M.F. and ≤ 13 g sugar
Juice, Juice Blends or Coconut Water: 100% fruit or vegetable juice/coconut water, pulp, or puree and without added sugar and ≤ 355 mL container size
Other Beverages to Limit
Beverages that are ≤ 60 Calories (including artificially sweetened)
<i>Examples:</i> soft drinks, diet soft drinks, tonic water, sweetened iced tea, sweetened flavoured water, vitamin enhanced water, lemonade, sports drinks, protein drinks, hot chocolate, coffee/tea-based beverages (e.g., Frappuccino®, latte, flavoured cold-brew)
Beverages to Avoid
Beverages that do not meet noted criteria (e.g., water with added sugar, chocolate milk ≥ 28 g sugar, juice > 355 mL, other beverages > 60 calories)
Note: Energy drinks are not recommended for children, adolescents, pregnant/breastfeeding women, and individuals sensitive to caffeine.
Neutral Beverages: Coffee and Tea (e.g., caffeinated, decaffeinated, herbal, unsweetened flavoured iced coffee, or tea) may be offered.

FOOD PRODUCTS

Vegetables and Fruit

Foods assessed in this category include dried vegetables and fruit, fruit-based bars, fruit cups, canned/pouches of vegetables or fruit, and vegetable or fruit chips.

Vegetables and Fruit
A vegetable or fruit is the first item on the ingredient list (or second ingredient after water)
Saturated fat: ≤ 2 g
Sodium: ≤ 480 mg
Sugar: ≤ 15 g (Except for dried fruit: Sugar ≤ 30 g)

Vegetable and Fruit-based Chips (e.g., potato chips, apple chips)
A vegetable or fruit is the first item on the ingredient list (or second ingredient after water)
Total fat: ≤ 5 g
Saturated fat: ≤ 2 g
Sodium: ≤ 480 mg
Sugar: ≤ 15 g

Grain Foods

Foods assessed in this category include cereals, granola, oatmeal, crackers, rice cakes, popcorn, breads, tortillas, chapati, English muffins, bagels, granola bars, muffins, cookies, squares, and loaves.

Grain Foods
A whole grain, whole wheat, oats, or corn is the first item on the ingredient list
Saturated fat: ≤ 2 g
Sodium: ≤ 480 mg
Sugar: ≤ 15 g

Note: Snack bars or mixtures (e.g., trail mix) where a whole grain is the first ingredient, are assessed based on the Grain Foods Nutrition Criteria in the table above.

Grain-based Chips and Popcorn
A whole grain, whole wheat, oats, or corn is the first item on the ingredient list
Total fat: ≤ 5 g
Saturated fat: ≤ 2 g

Region of Peel Nutrition Standards* (2024)

Sodium: ≤ 480 mg
Sugar: ≤ 15 g

Protein Foods

Foods assessed in this category include meat, poultry or fish, eggs, deli meats, milk, cheese, yogurt, cottage cheese, nuts, seeds, beans, lentils, soy, tofu, nut-based bars, and milk- or plant-based desserts.

Protein Food
A protein ingredient is the first item in the ingredient list
Saturated fat: ≤ 5 g
Sodium: ≤ 480 mg
Sugar: ≤ 15 g

Notes:

- Snack bars or mixtures (e.g., trail mix) where nuts or seeds are the first ingredient are assessed based on the Protein Foods Nutrition Criteria in the table above.
- Milk and plant-based beverages are assessed in the Beverages category

Cheese
A protein ingredient is the first item in the ingredient list
Total fat: ≤ 35 % M.F.
Sodium: ≤ 480 mg

Milk or Plant-based Foods (e.g., yogurt, cottage cheese, puddings, frozen dessert)
A protein ingredient is the first item in the ingredient list
Total fat: ≤ 5 g or ≤ 3.25 % M.F.
Saturated fat: ≤ 5 g
Sodium: ≤ 480 mg
Sugar: ≤ 15 g

Protein-based Chips (e.g., black bean chips)
A protein ingredient is the first item in the ingredient list
Total fat: ≤ 5 g
Saturated fat: ≤ 2 g
Sodium: ≤ 480 mg
Sugar: ≤ 15 g

Region of Peel Nutrition Standards* (2024)

Mixed Food Products

Prepackaged food products that include major ingredients from more than one food grouping (Vegetables and Fruit, Grain Foods and/or Protein Foods are assessed using the nutrition criteria for Mixed Food Products.)

Entrées (e.g., meals, pizza, sandwiches, meal-style salads)

Saturated fat: ≤ 7 g

Sodium: ≤ 800 mg

Fibre: ≥ 2 g

Protein: ≥ 7 g

Sugar: ≤ 24 g

Sides or Snacks (e.g., cheese and crackers, tuna and crackers, vegetables and hummus, vegetable, or grain-based salad)

Saturated fat: ≤ 2 g

Sodium: ≤ 480 mg

Sugar: ≤ 15 g

Soups or Stews

Saturated fat: ≤ 2 g

Sodium: ≤ 720 mg

Sugar: ≤ 15 g

Miscellaneous Products

Highly Processed Foods

Products that have few or no essential nutrients and/or have high amounts of sodium, sugars and/or saturated fat are considered highly processed foods. Limit or avoid offering highly processed foods. If you offer these foods, serve them less often and in smaller portion sizes.

- Deep-fried foods
- Processed meats (e.g., deli meats, bacon, sausage, wieners, beef jerky)
- Confectionary (e.g., candy, chocolate, chocolate bars, liquorice, gummies)
- Energy bars
- Gum with sugar
- Popsicles and freezies (where fruit or fruit juice is not the first ingredient)

Note: Energy or sports bars that have caffeine are not recommended for children, adolescents, pregnant/breastfeeding women, and individuals sensitive to caffeine.

Region of Peel Nutrition Standards* (2024)

Neutral Products

Neutral products are allowed even though they have few or no essential nutrients. These include:

- Unsweetened coffee and tea
- Lozenges (e.g., Halls®)
- Sugar-free gum

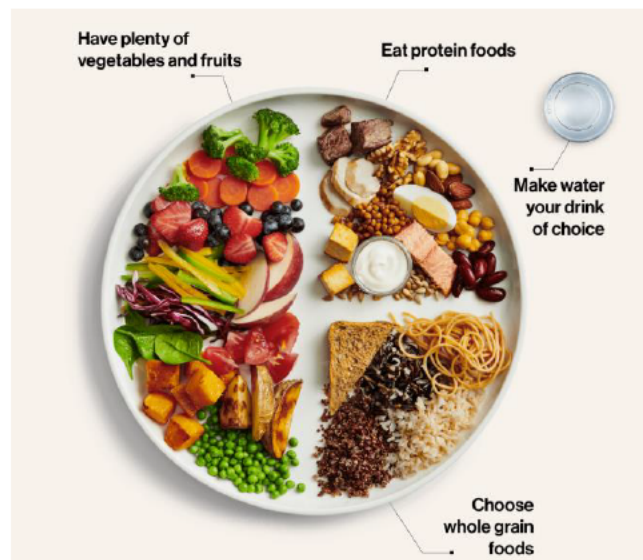
Section 2: Nutrition Standards for Prepared Foods

The Nutrition Standards for Prepared Foods are based on [Canada's Food Guide](#) guiding principles:

Nutrition Guidelines for Prepared Foods

1. Use [healthier ingredients](#).
2. Prepare foods in a [healthier way](#) using cooking methods that require little or no added sodium, sugar, or fat such as: baking, boiling, broiling, grilling, microwaving, poaching, roasting, steaming, or stir-frying. [Deep frying](#) is not recommended.
3. Offer meals that include vegetables and fruit, whole grain foods and protein foods.
4. Have plant-based protein foods available, (e.g., vegetarian chili, tofu stir-fry, hummus and crackers, or mixed nuts snack).
5. Limit offering highly processed foods. If these foods are offered, consider serving a smaller portion, (e.g., muffins, squares, cookies).
6. For [minor ingredients](#) (e.g., dips, dressings, gravies) choose lower-fat, lower-sodium, and/or lower sugar options, when possible.
7. Have tap water available for free.

[Canada's Food Guide](#)



Region of Peel Nutrition Standards (2024)

Healthier Ingredients List

Use healthier ingredients to prepare food and beverages, when possible. These ingredients are lower in sodium, added sugar and/or saturated fat.

	Use these healthier ingredients	Instead of these ingredients
Beverages		
Milk	Unsweetened $\leq 2\%$ M.F.	Sweetened and/or unsweetened $> 2\%$ M.F.
Plant-based Beverages	Unsweetened, fortified	Sweetened
Cream	$\leq 5\%$ M.F.	$> 5\%$ M.F.
Buttermilk	$\leq 2\%$ M.F.	$> 2\%$ M.F.
Coconut Milk	Unsweetened and reduced fat/light	Sweetened or regular fat
Fruit Juice	100% fruit juice, no sugar added	Fruit drinks and punches, added sugar
Food		
Vegetables and Fruit		
Vegetables	Fresh, frozen, or canned (lower sodium or no salt added)	Made or served in a butter or cream sauce, canned with salt
Fruit	Fresh, frozen, canned in water/juice Dried with no added sugar	Sweetened, canned in syrup Dried with added sugar
Grain Foods		
Grains	Whole grain products (e.g., oats, barley, whole grain/whole wheat breads, naan, and roti, brown rice, whole grain/whole wheat pasta/noodles, quinoa, whole grain couscous)	Non-whole grain products (e.g., white bread, enriched wheat bread, white naan, white rice, white pasta)
Protein Foods		
Beans and Peas	Dried or canned rinsed (lower sodium, or no salt added)	Regular canned, not rinsed
Lentils	Dried or canned rinsed (lower sodium, or no salt added)	Regular canned, not rinsed
Soy-based (e.g., tofu, edamame)	Lower sodium Unsweetened	Higher in sodium Sweetened
Cheese	Lower fat cheese ($\leq 35\%$ M.F.)	Higher fat cheese ($> 35\%$ M.F.)
Yogurt	Lower fat yogurt ($\leq 3.25\%$ M.F.) Unsweetened	Higher fat yogurt ($> 3.25\%$ M.F.) Sweetened
Meat and Poultry	Lean, without skin	Higher fat and/or high sodium meats including bacon, sausage, pepperoni, ham, hot dogs, or other processed

Region of Peel Nutrition Standards (2024)

	Use these healthier ingredients	Instead of these ingredients
		meats (e.g., deli meats) and meats/poultry with skin
Fish and Seafood	Fresh, frozen, and lower sodium or no added salt canned	Salted fish and regular canned fish and seafood
Tree Nuts (e.g., almonds, walnuts) and peanuts	Unsalted, no added sugar	Salted, added sugar
Seeds (e.g., chia, pumpkin, sunflower)	Unsalted, no added sugar	Salted, added sugar
Miscellaneous Ingredients		
Flour	Whole grain, whole wheat, brown rice, almond meal	White flour
Sugar	Reduce sugar (e.g., white sugar, brown sugar, maple syrup, honey) by decreasing the amount in the recipe	Sugar (e.g., white sugar, brown sugar, maple syrup, honey) content is not reduced
Herbs, Spices and Salt	Fresh and/or dried herbs and spices	Salts (e.g., Himalayan, rock, table, sea, Kosher, garlic salt)
Broth	Lower sodium or no added salt broth or bouillon cubes	Regular broth or bouillon cubes
Condiments	Ketchup, mustard, relish, lower fat mayonnaise, lower sodium soy sauce, lemon juice, vinegar	Regular soy sauce, regular mayonnaise, tartar sauce
Dips	Hummus, guacamole, salsa, dips made from lower fat sour cream, lower fat mayonnaise, lower fat cottage cheese	Dips made from regular mayonnaise, full-fat sour cream, regular cream cheese
Oils and Fats	Cooking oils: corn, olive, canola, peanut, sesame, soybean, avocado, flaxseed, safflower, and sunflower	Other oils (e.g., palm, palm kernel, coconut), lard, ghee, butter
	Soft margarine (non-hydrogenated)	Hard margarine
Dressings	Dressings made from the following oils: corn, olive, canola, peanut, sesame, soybean, flaxseed, safflower, avocado and sunflower or lower fat mayonnaise	Dressings made from other oils (e.g., palm, coconut) and regular mayonnaise
Gravies and Sauces	Lower sodium or lower sugar sauces and marinades for cooking including curry paste, tomato paste/sauce, BBQ, fish or soy sauce and gravies	Sauces made from cream, butter, regular coconut milk/cream or higher fat milk (>2%M.F.)

Region of Peel Nutrition Standards (2024)

	Use these healthier ingredients	Instead of these ingredients
	Sauces made from lower fat coconut milk/cream or lower fat milk ($\leq 2\%$ M.F.)	
Spreads	Nut butters, lower fat cream cheese, soft margarine (non-hydrogenated), low sugar jam and marmalade, lower fat mayonnaise	Butter, hard margarine, chocolate nut spreads, regular cream cheese, other spreadable cheese

REGION OF PEEL NUTRITION STANDARDS (2024)

Assessment & Implementation Tool

STEP 1 – Assessment

The aim in Step 1 is to:

- assess the food environment and identify ways to offer healthier food and beverages in your facility, and
- have a joint discussion with the Public Health Dietitian to help you to identify potential options that can work for you.

☐ Do you have a designated person(s) to lead this initiative?

BEVERAGES

☐ Do you offer drinking water for free (e.g., drinking fountains, water refill stations)?

☐ Do you offer healthier beverage options other than water? (refer to page 6 of the Nutrition Standards)?

☐ Do you offer energy drinks?

What can you do to increase the number of healthier beverages and decrease the number of unhealthy beverages (refer to the Region of Peel Nutrition Standards)?

FOOD

☐ Do you offer vegetables (fresh, frozen, canned, or dried)?

☐ Do you offer fruit (fresh, frozen, canned, or dried)?

☐ Do you offer whole grain foods (e.g., whole grain crackers, brown rice, whole grain pitas)?

☐ Do you offer plant-based protein foods (e.g., quinoa, chickpeas, lentils, nuts)?

☐ Do you offer confectionary foods (e.g., chocolate bars, pastries, candy)?

☐ Do you offer deep-fried foods (e.g., French fries, samosas, onion rings)?

Region of Peel Nutrition Standards (2024)

What can you do to increase the number of healthier food products and decrease the number of unhealthy food products offered (*refer to the Region of Peel Nutrition Standards*)?

STEP 2 – Initial Implementation

The aim in STEP 2 is to:

- ☐ train staff and/or volunteers about the plan to offer healthier food and beverages,
- ☐ begin replacing unhealthy items with healthier items, and
- ☐ implement marketing strategies (Placement, Promotion, Pricing).

TRAINING FOR STAFF/VOLUNTEERS

- ☐ Do your staff/volunteers know about the plan to offer healthier food and beverages in your facility?
 - ☐ If yes, how did you inform them?
 - ☐ shared the purpose and introduced the Nutrition Standards
 - ☐ provided staff training (e.g., through an in-service, FAQ, webinar, online resource)
 - ☐ other _____

- ☐ If no, what strategies could you use to inform them?

HEALTHIER FOOD AND BEVERAGE OPTIONS

- ☐ Have you increased the number of beverages that meet the Nutrition Standards?
- ☐ Have you increased the number of prepackaged foods that meet the Nutrition Standards?
- ☐ If you prepare food on site, do you have:
 - ☐ entrées that include vegetables or fruit, whole grains, and protein foods?
 - ☐ non-breaded and non-deep-fried foods?
 - ☐ prepared foods that are made using little or no added sodium, sugar, and saturated fat?
 - ☐ sauces, dips, gravies, condiments served in small amounts or on the side?

What additional changes can you make to improve the food and beverages offered at your facility?

Region of Peel Nutrition Standards (2024)

MARKETING STRATEGIES

Healthy food and beverages can be made more appealing and easier to choose, compared to [highly processed items](#), through priority 'Placement, Promotion and Pricing'.

Placement

A. Do you place food and beverages that meet the Nutrition Standards at:

- ☐ checkout areas?
- ☐ eye level on shelves, fridges, and/or in vending machines?
- ☐ the main entrance?
- ☐ other _____

B. Are highly processed* items placed at:

- ☐ checkout areas?
- ☐ eye level on shelves, fridges, and/or in vending machines?
- ☐ the main entrance?
- ☐ other _____

Promotion

☐ Do you promote food and beverages that meet the Nutrition Standards? If so, how?

- ☐ on menus and/or signage
- ☐ on shelves, fridges, and/or vending machines (e.g., labels and stickers)
- ☐ on website and/or social media
- ☐ by using appealing and flavour-promoting names for menu items
- ☐ other _____

☐ Do you promote highly processed foods*? If so, how?

- ☐ on menus and/or signage
- ☐ on website and/or social media
- ☐ on meal combos (e.g., burgers, fries, soft drink)
- ☐ other _____

If you have rewards, giveaways, vouchers and/or participate in fundraising, do you offer:

- ☐ food and/or beverages that meet the Nutrition Standards?
- ☐ non-food items?

Pricing

☐ Do you use pricing strategies to encourage sales of food and beverages that meet the Nutrition Standards? If so, how?

- ☐ healthier food and beverages are substituted at no extra cost (e.g., vegetable salad or apple slices instead of fries)
- ☐ frequent user card (loyalty card)

Region of Peel Nutrition Standards (2024)

☐ Daily Special

☐ other _____

What other marketing strategies can you use to promote healthier options at your facility?

** Products that have few or no essential nutrients and/or have high amounts of sodium, sugars and/or saturated fat are considered **highly processed foods**. Limit highly processed foods. If you offer these foods, serve them less often and in smaller portion sizes.*

STEP 3 – Full Implementation

The aim in STEP 3 is to:

- determine current % of food and beverages that meet the standards, and
- identify ways to achieve minimum % requirement (Goal 1).
- once Goal 1 is achieved, identify ways to further increase the % of food and beverages that meet the standards, and
- customize Goal 2 by determining the highest % increase of food and beverages that meet the nutrition standards.

Item	Goal 1	Goal 2 (customized)
Beverages	Minimum of 50% of Beverages meet the Nutrition Standards	Further increase % of Beverages that meet the Nutrition Standards
Prepackaged Products	Minimum of 25% of Prepackaged Products meets the Nutrition Standards	Further increase % of Prepackaged Products that meet the Nutrition Standards
Prepared Foods	Minimum of 25% of Prepared Food meets the Nutrition Standards	Further increase % of Prepared Foods that meet the Nutrition Standards

A Region of Peel Public Health Dietitian can help you with the assessment and implementation steps.

☐ What percentage of Prepared Foods meet the Nutrition Standards?

☐ What percentage of the Prepackaged Products currently meet the Nutrition Standards? _____

Region of Peel Nutrition Standards (2024)

☐ What percentage of the Beverage Choices currently meet the Nutrition Standards? _____

Have you met the minimum requirements for each of the following:

- ☐ 50% Beverages
- ☐ 25% Prepackaged
- ☐ 25% Prepared Foods
- ☐ Other:
 - ☐ Removal of deep-fried foods
 - ☐ Water is available for free

☐ Have you determined what is your optimal Goal 2 or % of Prepackaged Products that meets the standards?

☐ Have you determined what is your optimal Goal 2 or % of Prepared Foods that meets the standards?

☐ Have you determined what is your optimal goal 2 or % of Beverages that meets the standards?

What additional changes can you make to further increase the number of healthier food items and/or decrease the number of unhealthy food items?

STEP 4 – Monitoring & Sustainability

The aim in STEP 4 is to:

- ☐ monitor and develop a sustainability plan,
- ☐ create and implement a healthy food and beverage policy or guidelines.

☐ Do you have a plan for monitoring and sustaining the implementation of the Nutrition Standards?

☐ Are you planning to develop and implement a healthy food and beverage policy or guidelines? If so:

- ☐ will they be based on the Nutrition Standards?
- ☐ will staff/volunteers be consulted?

Note: Policies and guidelines can vary in content, detail, and simplicity. For example, a food and beverage policy might mandate that all food served and sold meet the Nutrition Standards. Another example may be a simple guideline such as “water is available for free at all meetings and events” as a starting point. Peel Public Health can help you in developing your own customized policy or guidelines that apply the Nutrition Standards, and to help you to move in the direction of creating a healthy food environment.

Region of Peel Nutrition Standards (2024)

Glossary of Terms

Added Sugar/Sweetened Product: Sugars are naturally found in fruits, vegetables, and unsweetened milk, yogurt, and cheese. Added sugars are those that do not occur naturally in a food or drink but are added during processing or preparation. They add calories but little nutrition. Added sugars include sugar (e.g., white sugar, raw sugar, brown sugar, beet sugar), syrup (e.g., agave, maple, brown rice, barley malt), honey, fancy molasses, fructose, glucose, glucose-fructose (also known as high fructose corn syrup), maltose, sucrose, or dextrose.

Animal-based Protein: An animal-based protein food is any protein food that originates from an animal. Examples include lean meats (e.g., beef, pork, and wild game), poultry (e.g., chicken, turkey), fish and shellfish (e.g., salmon, shrimp), dairy products (e.g., milk, cheese, yogurt), and eggs.

Artificial Sweetener (or Sugar Substitutes): Artificial sweeteners maintain the sweet taste of foods without added calories. They are often used as table-top sweeteners in food preparation at home and as additives in processed foods. While these options are a better alternative to sugary drinks and are considered safe, there are no well-established health benefits associated with their intake. Nutritious beverages that are unsweetened should be promoted instead.

A product has an artificial sweetener if the ingredient list has one of the following: acesulfame-potassium, aspartame, erythritol, neotame, saccharin, stevia, sucralose, sugar alcohols (polyols) such as sorbitol, isomalt, lactitol, maltitol, mannitol, and xylitol or thaumatin.

Combo Meal: A meal that is a mixed food dish (e.g., entrée) which is served with sides and/or a beverage.

Deep Frying: A cooking method where food is cooked in large amounts of fat/oil. Foods prepared in this way can have harmful effects on health as foods can absorb more saturated fat and trans fat and are linked to higher cholesterol levels, cardiovascular disease, and diabetes. This preparation method is not recommended by [Canada's Food Guide](#).

Energy Drinks: Beverages that typically contain caffeine, taurine, glucuronolactone, vitamins, herbal extracts, and/or amino acids, and are marketed as boosting mental alertness and physical stamina. These beverages are **not recommended** for children, adolescents, pregnant/breastfeeding women, and individuals sensitive to caffeine; therefore, [energy drinks](#) should not be served/sold.

Entrées: Entrées have more than one major ingredient (e.g., pizza, pasta, stew, meal-style salad) and are the main part of a meal. They may be served with or without a side (e.g., soup or salad).

Fortified Foods or Beverages: Fortified food or beverage products have essential vitamins, minerals, and/or amino acids added to them to restore or improve the nutritional quality. Examples include fortified soy beverage (added calcium and vitamin D), orange juice (added calcium and vitamin D), cereal (added iron), and flour (added folic acid).

Healthier Ingredients: These ingredients are lower in added sodium, sugar, and/or saturated fat and help to contribute to foods that are prepared in a healthier way.

Region of Peel Nutrition Standards (2024)

Highly Processed: Items identified as [highly processed foods](#) generally have few or no essential nutrients and/or have high amounts of sodium, sugars, and/or saturated fat (e.g., deep-fried foods and confectionaries). Some processed foods may have high amounts of sodium, sugars, and/or saturated fat (e.g., chocolate milk) but still provide important nutrients (e.g., calcium, vitamin D).

List of Ingredients: The [List of ingredients](#) are ingredients in a packaged food that are listed in descending order by weight. A food has more of the ingredients found at the beginning of the list, and less of the ingredients at the end of the list.

Major Ingredient: An ingredient that belongs to one of the Food categories (i.e., Vegetables and Fruit, Grain Foods, or Protein Foods) or the Beverage category.

Minor Ingredient: Ingredients such as oils, spices, spreads, dressings, condiments, toppings, dips, or gravies. These ingredients should be used in limited amounts and/or on the side. Choose lower fat, lower sodium, and/or lower sugar options, when possible.

Miscellaneous Products: This category has products that are used in limited amounts (e.g., condiments, sauces, dips, dressings), products that are [highly processed](#) and not recommended (e.g., confectionary, deep-fried foods), and neutral products (e.g., coffee, lozenges).

Mixed Food Products: Food products that are made up of ingredients from more than one food category (i.e., Vegetables and Fruit, Grain Foods, or Proteins Foods). There should be a significant amount of at least two food categories present. For example, chickpea stir-fry or cheese and crackers.

MF: The milk fat in a milk product.

Naturally Occurring Sugar: The sugar found in fruit, vegetables, and unsweetened milk, yogurt, and cheese.

Neutral Products/Beverages: Products that are allowed but may not necessarily provide any (or have limited) nutritional value. These include coffee, tea, lozenges (e.g., Halls®), and sugar-free gum.

Nutrition Criteria: Specific nutrition information used to assess whether a food or beverage product is a healthier choice.

Nutrition Facts Table: Includes the serving size, calories, % Daily Value and 13 core nutrients (i.e., fat, saturated fat, trans fat, cholesterol, sodium, carbohydrate, fibre, sugars, protein, vitamin A, vitamin C, calcium, and iron). The information on the [Nutrition facts table](#) helps to determine whether a prepackaged food or beverage product meets the Nutrition Criteria of the Nutrition Standards.

Nutrition Standards: A set of nutrition criteria and specifications for healthier food and beverages.

Other Beverages: These beverages in this category are ≤ 60 Calories and are allowed because they have less sugar (e.g., some soft drinks, sweetened iced tea, lemonade, sports drinks) or are artificially sweetened (e.g., diet soft drinks, zero sugar iced tea). These beverages are often low in nutrients and provide minimal nutritional benefit.

Region of Peel Nutrition Standards (2024)

Per portion served/sold: The amount of food or beverage that is being served or sold. Example: For single serve prepackaged products, the whole package (e.g., granola bar) is the portion served/sold. For prepared foods, a slice of pizza is the portion served/sold.

Plant-based Protein: Plant-based protein foods originate from a plant source. Examples include nuts and seeds, dried beans, peas and lentils, and soy products (e.g., tempeh, tofu, edamame, fortified soy beverages).

Prepackaged Product: Any food in a package that has a [Nutrition facts table](#) and a [List of ingredients](#).

Prepared Foods: Food that is cooked, assembled, or otherwise made on site where it is being served/sold. A prepared product **does not** have a Nutrition facts table and/or a List of ingredients.

Prepared foods include:

- A food product served on its own (e.g., fresh fruit or vegetable).
- An ingredient (e.g., cheese, meat, poultry, eggs, beans) used to prepare a mixed dish (e.g., snack or meal). Some ingredients in a Prepared Product may have a Nutrition facts table and a List of ingredients (e.g., cheese). In this case, these should be assessed using the [Healthier Ingredient List](#).
- A mixed dish made from ingredients from more than one food grouping (e.g., lasagna, stew, stir-fry).

Processed Meats: Meat and poultry which have been preserved by smoking, curing, or salting, and products which have potassium/sodium nitrate. Examples include all ham, bacon, corned beef, pepperoni, hot dogs, sausages, and deli meats. [Processed meats](#) can be high in both sodium and saturated fat.

Protein Foods: These foods can either be animal or plant-based. Protein is an essential nutrient to keep your body functioning well and is needed to build and repair muscle, tissue, skin, nails, and hair. Protein also helps build hormones and enzymes.

Single Serve: Single serve refers to a smaller package that has one portion of the food or beverage. Examples include fruit cups, granola bars, nut-based bars, cheese strings, individually packaged frozen meals, and beverages.

Snack Bar: A food product typically in a single serve package that is eaten as a snack. These bars can be vegetable or fruit-based (e.g., dried fruit bar), grain-based (e.g., granola bar), or nut-based (e.g., peanut butter bar).

Sodium: Most of the sodium found in the typical diet comes from processed or prepared foods, not the salt shaker. Too much sodium may lead to high blood pressure, which is a major risk factor for developing stroke and heart disease. To reduce the amount of sodium, products labelled 'low sodium,' 'reduced in sodium,' 'no salt added' are healthier choices to choose from when offering food and beverages.

Total Sugar: All sugars present in foods and beverages regardless of the source. This includes added sugars, free sugars, as well as the naturally occurring sources of sugars.

Region of Peel Nutrition Standards (2024)

Whole Grain: Whole grain foods are a healthier choice than refined grains because they include all parts of the grain which provide valuable nutrients such as fibre, vitamins, and minerals.

Many whole grain products list 'whole' or 'whole grain' in front of the type of grain on the product ingredient list. Other whole grains can be found in their whole form on the ingredient list (e.g., barley, buckwheat, corn/cornmeal, oats, quinoa, rye, spelt, wild/brown rice, wheat berries).

Whole wheat products may not be whole grain, however, they are still a nutritious choice that provides dietary fibre. For the purposes of these Nutrition Standards, whole wheat is also encouraged as the first ingredient in the Grain Food category.

** **Note:** the Region of Peel Nutrition Standards 2024 have not been piloted. As such, they may be subject to future changes.*