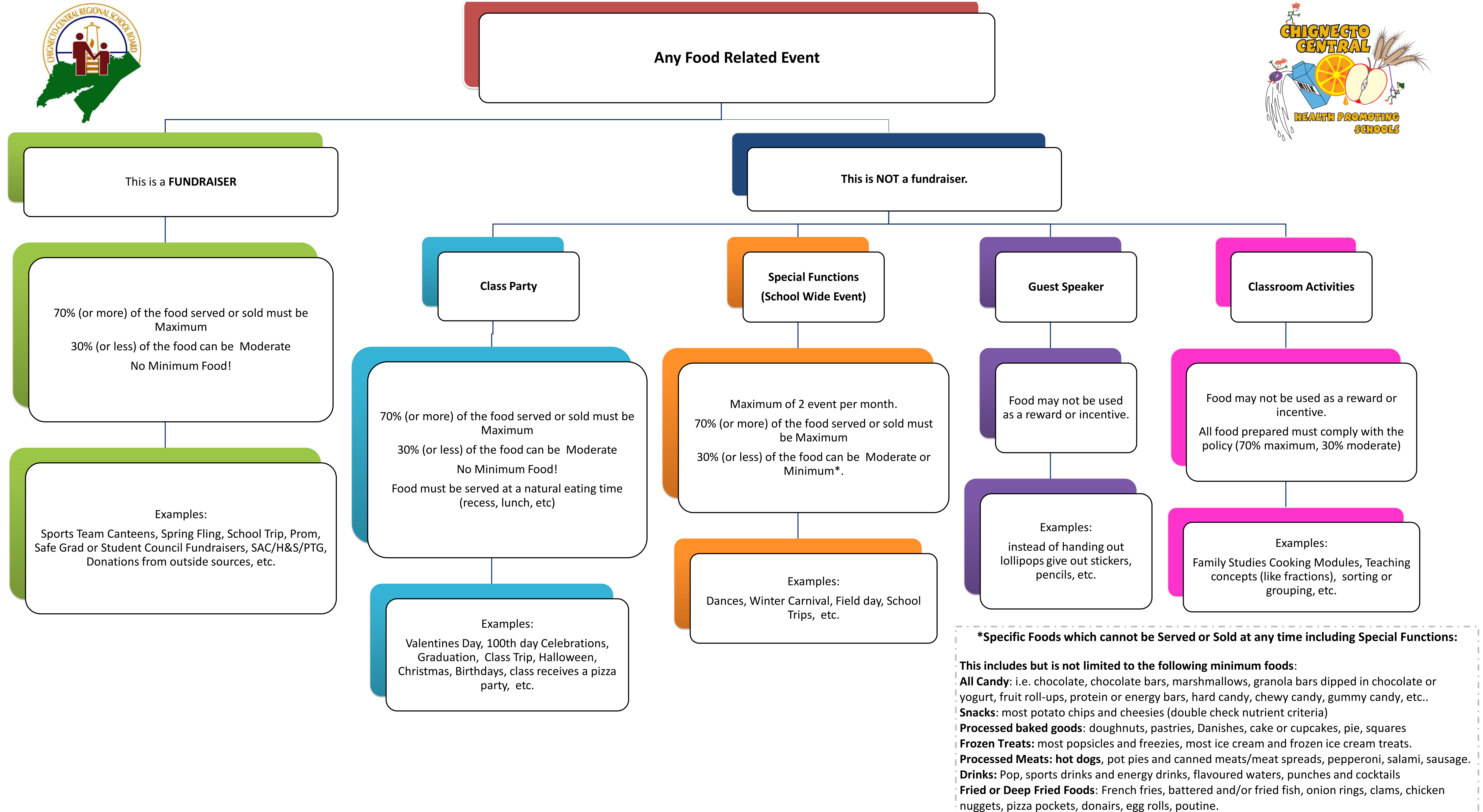


Quick Reference Guide



***Specific Foods which cannot be Served or Sold at any time including Special Functions:**

This includes but is not limited to the following minimum foods:

- All Candy:** i.e. chocolate, chocolate bars, marshmallows, granola bars dipped in chocolate or yogurt, fruit roll-ups, protein or energy bars, hard candy, chewy candy, gummy candy, etc..
- Snacks:** most potato chips and cheesies (double check nutrient criteria)
- Processed baked goods:** doughnuts, pastries, Danishes, cake or cupcakes, pie, squares
- Frozen Treats:** most popsicles and freezies, most ice cream and frozen ice cream treats.
- Processed Meats:** hot dogs, pot pies and canned meats/meat spreads, pepperoni, salami, sausage.
- Drinks:** Pop, sports drinks and energy drinks, flavoured waters, punches and cocktails
- Fried or Deep Fried Foods:** French fries, battered and/or fried fish, onion rings, clams, chicken nuggets, pizza pockets, donairs, egg rolls, poutine.