

Request for Proposal for Snack and Hot Drink Vending

Date:	June 19, 2008
To:	Government Management Committee
From:	Brenda Librecz, General Manager, Parks, Forestry and Recreation
Wards:	All
Reference Number:	

SUMMARY

On April 28 and 29, 2008 City Council referred back to the Government Management Committee Item GM 13.8, titled “Termination of Mr. Vending Inc. Agreement” as well as additional motions placed by City Council, for further consideration.

This supplementary report highlights City Council’s motions of April 28 and 29, 2008 and provides options for healthy vending relating to the terms of the Request for Proposal (RFP) for Snack and Hot Drink Vending.

RECOMMENDATIONS

The General Manager of Parks, Forestry and Recreation recommends that:

1. the staff report dated April 1, 2008 from the General Manager of Parks, Forestry and Recreation to the Government Management Committee be received;
2. a Request for Proposal for four license agreements, one for each of Etobicoke York District, North York District, Scarborough District and Toronto East York District; for Snack and Hot Drink Vending be released for a two-year term commencing November 1, 2008 to October 31, 2010 with no renewal option;
3. there be a requirement for 20% healthy snack vending to be included in the evaluation process for awarding the RFP for Snack and Hot Drink Vending;
 - a. successful Vendors provide for 100% healthy snack vending at 5 locations in each district as a pilot project;

- b. Parks, Forestry and Recreation report on the success of this pilot project after two years to determine whether future RFP's will include 100% healthy snack vending or as determined by Council;
4. Vendors may bid on more than one district but can only be awarded one district. The highest ranking proponent in each district will be awarded the agreement in that district;
 - a. in the event that a Vendor is ranked highest in more than one district, that Vendor shall have first choice of which district the Vendor wishes to be awarded and the remaining contracts will be awarded to the next highest ranked bidder for each district;
 - b. in the event that the successful bidder in one district is the only bidder in another district, the City may, in its discretion, award a second district to that bidder;
5. a performance bond of 50% of the estimated annual rent will be required from successful proponents;
6. the RFP include provisions for Vendors to provide culturally diverse products;
7. the RFP include a requirement that products with peanut listed in the ingredients will not be sold in Parks, Forestry and Recreation snack vending machines; and
8. the City Solicitor be authorized to commence legal proceedings against Mr. Vending, to appeal any orders, and settle the claim, if in the City Solicitor's view, it is in the City's interest to do so.

FINANCIAL IMPACT

The 2008 revenue target from the Mr. Vending Inc. license agreement was \$185,000. To date, no revenue has been received this year from this agreement. Once new license agreements are in place, it will be possible to forecast revenue from Snack and Hot Drink Vending for the balance of 2008 and the 2009 year.

The Deputy City Manager and Chief Financial Officer have reviewed this report and agrees with the financial impact information.

DECISION HISTORY

Mr. Vending submitted the winning bid for RFP No. 0613-05-0166 for the operation of Snack and Hot Drink Vending within Parks, Forestry and Recreation facility locations and entered into a five year license agreement with a three year option with the City of Toronto on November 1, 2005. This agreement was terminated on March 10, 2008 resulting in the need to release a new RFP for Snack and Hot Drink Vending.

<http://www.toronto.ca/legdocs/2005/agendas/committees/edp/edp051017/it014.pdf>
<http://www.toronto.ca/legdocs/2005/agendas/committees/edp/edp051017/agenda.pdf>

ISSUE BACKGROUND

The license agreement for Snack and Hot Drink Vending was terminated as of March 10, 2008. A Request for Proposal (RFP) must be released to ensure the continuance of services to Parks, Forestry and Recreation facility users.

Staff recommendations were approved by the Government Management Committee on April 17, 2008 and amendments were made to item GM 13.8 by City Council at its meeting on April 28, and 29, 2008.

<http://www.toronto.ca/legdocs/mmis/2008/cc/decisions/2008-04-28-cc20-dd.pdf>

City Council moved a number of motions for staff to consider and report back on. The staff response is provided in the Comments section of this report.

COMMENTS

Administrative Responses to Council Referrals for Consideration

During the discussion and debate that occurred at the City Council meeting, several motions were referred to staff for consideration. The Council motions are set out below with staff comments and recommendations.

1. Include provisions in the evaluation process for awarding the RFP based on 20% or 50% healthy snack vending. Council also requested that 100% healthy snack vending be implemented at five pilot locations in each district and that Parks, Forestry and Recreation report back to City Council within one year on the success of the pilot project in order that Council may determine whether or not the pilot project should be extended in future RFP's.

Staff Comment:

Parks, Forestry and Recreation recommends that the provision of 20% healthy snack vending be included in the evaluation process for awarding the RFP.

The 20% healthy option must be located at "eye level" in a premium location within each vending machine.

The RFP will require that 5 pilot locations per district implement 100% healthy snack vending.

Parks, Forestry and Recreation will report back to City Council within two years on the outcome of the pilot project.

2. The RFP should include a requirement for either a letter of credit, performance bond or a personal guarantee.

Staff Comment:

The four successful proponents will be required to submit a performance bond of 50% of the estimated annual rent prior to the execution of the agreement.

3. That Parks, Forestry and Recreation examine the possibility of awarding four separate license agreements, one in each district, subject to a maximum of two districts to any successful proponent(s).

Staff Comment:

Parks, Forestry and Recreation will award four separate agreements to four separate Vendors, where feasible. In the event that no other Vendors are interested in a specific district, Parks, Forestry and Recreation reserves the right to award a maximum of two districts to one Vendor.

4. The RFP require that Vendors include culturally diverse products in their Proposal.

Staff Comment:

Provisions for culturally diverse snack foods will be included in the RFP process.

5. That the term for the license agreement be for a five year period commencing October 1, 2008, to September 30, 2013, with a three year renewal option, exercisable at the discretion of the City, for the period October 1, 2013, to September 30, 2016 and that in the event the City does not receive viable proposals, that the City not pursue the vending machine business.

Staff Comment:

After due consideration, staff recommends a two year term commencing November 1, 2008 to October 31, 2010 with no renewal option. A shorter term will allow Parks, Forestry and Recreation to examine 100% healthy snack vending and be ready for possible implementation of 100% healthy snack vending after the two year period.

Based on our understanding of the market and suppliers, 20% healthy vending will allow for viable and competitive bids to the RFP.

6. That each agreement include terms requiring that products which include peanuts in their ingredient list not be sold in vending machines within Parks, Forestry and Recreation facilities.

Staff Comment:

The RFP will include a requirement that products which include peanuts in their ingredient list will not be sold in snack vending machines within Parks, Forestry and Recreation facilities.

Five Pilot Locations

Five locations will be selected from each district to provide 100% healthy snack vending. The healthy vending standards have been determined in consultation with Toronto Public Health and can be seen in detail in Appendix A. Toronto Public Health's standards are amongst the strictest guidelines used by any municipal parks and recreation department across North America.

Toronto Public Health's healthy food choices standards will be applied to all snack foods sold in vending machines at the 20 pilot locations City-wide for the two year term. Parks, Forestry and Recreation will determine each pilot location blending larger with smaller sized facilities so there will be a good cross section of facilities and users.

If the pilot locations are successful at the conclusion of the two year license agreements, it is recommended that the next RFP require all Parks, Forestry and Recreation facility locations to provide 100% healthy snack choices. Success will be measured by the average revenue received from each machine involved in the pilot project. Success will be considered to be achieved if these machines each return a minimum of 75% of the average revenue of snack vending machines at facilities not participating in the pilot project.

If the pilot locations are determined by City Council to be unsuccessful, Parks, Forestry and Recreation will continue to provide 20% healthy snack choices at all locations City-wide, or otherwise determined by Council.

This pilot project will allow Parks, Forestry and Recreation time to examine the feasibility of 100% healthy snack vending while maintaining the possibility of providing this service in the near future. The two year term of the license agreements also present Parks, Forestry and Recreation with some flexibility to adjust the level of healthy vending City-wide within a short period.

The pilot locations will provide Vendors with the opportunity for some assurance regarding the viability of healthy vending before committing equipment and resources on a large scale. Vendors will have the ability to test the market with various healthy snack foods before they are required to go 100% healthy City-wide.

Healthy Snack Vending in the Greater Toronto Area

A recent survey of eight Greater Toronto Area municipal parks and recreation snack vending practices revealed the following results:

- Two were introducing 20% and 25% healthy vending in June 2008
- Six municipalities have not introduced healthy vending
- From the six, two were involved in a pilot program with 25% healthier vending choices
- See Appendix B for further details

Several municipalities in the GTA have chosen to participate in a pilot program based on 25% healthier vending from the Eat Smart Ontario Recreation Centres guidelines. Eat Smart Ontario is operated by local public health units across the province. They provide the standards to measure healthy vending as well as a list of foods that are acceptable to be sold in vending machines for those participating in the program.

Participating municipalities must adhere to the Eat Smart Ontario guidelines to maintain their involvement in the program. The recreation component began in January 2008 and ends in June 2008 but will be evaluated for full implementation in the September 2008.

Many municipalities have become aware of the importance of providing healthier options in vending machines at recreation facilities. However, they also recognize the reality of the potential for a reduction in sales if facility users are only offered the option to choose healthy snacks.

http://www.eatsmartontario.ca/recreation_centre

Eat Smart Ontario Healthier Guidelines for Recreation Centres

Healthy Snack Vending in Schools

There is currently no identified city in North America with 100% healthy snack vending. However, School boards have been involved in this debate for several years. The Toronto District School Board (TDSB) and Toronto Catholic District School Board (TCDSB) each have policies addressing healthy vending choices but have not completely applied this policy for all schools. Instead, these school boards have a policy for healthy vending in elementary schools, particularly referring to cold beverage vending. Elementary school principals in each board have the authority to allow healthy snack vending in their schools but the majority have elected to ban snack vending machines.

In contrast, most TDSB and TCDSB secondary schools have focused their efforts on reducing unhealthy foods in cafeterias. However vending machines continue to be stocked with choices such as potato chips and chocolate bars. The rationale is that high school students will inevitably go off campus to purchase chocolate bars and other unhealthy snack foods if they are not offered the choice.

In April 2008 the Ontario Legislature passed the Healthy Foods for Healthy Schools Act, Bill 8, addressing trans fat in all Ontario public schools:

“The Bill amends the Education Act to add provisions regulating the trans fat content of all food and beverages sold in a school cafeteria. The Minister may make regulations exempting from the trans fat standards any food or beverage in which the trans fat content originates exclusively from ruminant meat or dairy products. The Bill also adds a requirement for boards to ensure that food and beverages sold in vending machines comply with the nutritional standards set out in regulations. Power is given to the Minister of Education to create policies, guidelines and regulations governing nutritional standards for all food and beverages provided on school premises or in connection with a school-related activity.”¹

¹http://www.ontla.on.ca/web/bills/bills_detail.do?locale=en&BillID=1925

School Boards have still not banned chocolate bars from their schools. Instead, they are now required to eliminate some of the most popular brands due to the passing of Bill 8. Further, this Act will allow board officials to design policies to bring secondary schools closer to a healthy snack vending environment.

Culturally Diverse Foods

The Snack and Hot Drink Vending Request for Proposal will require proponents to provide evidence they can supply culturally diverse foods to certain neighbourhoods. The goal is to stock vending machines with at least one healthy culturally diverse product. It is acknowledged that most local Vendors have minimal level of experience in servicing culturally diverse options in snack vending machines.

Parks, Forestry and Recreation will work with perspective Vendors to ensure that where possible, snacks that reflect a neighbourhood's diversity will be made available to the public.

Performance Bond

Parks, Forestry and Recreation through consultations with the Purchasing Materials Management Division (PMMD) will include a mandatory requirement for successful proponents of the RFP to submit a performance bond. The four successful proponents will be required to submit a performance bond of 50% of the annual rent prior to the execution of the agreement. This safeguard will protect Parks, Forestry and Recreation from poorly operated companies that are unwilling or unable to meet rental payment obligations. Further, payment deadlines will be strictly enforced as detailed in the license agreements.

License Agreements

Each proponent will be given the option to submit a bid for each district. The proponent with the highest score for each district will be awarded the license agreement for that district for a two year term with no renewal option.

Staff are recommending that licenses be awarded to four separate proponents rather than one exclusive agreement; allowing smaller vendors to submit bids; eliminating the risk of any possibility of shutting down this service City-wide in the event of a termination or default; providing the City with more flexibility to manage any service disruption.

In the event that a proponent scores the highest in more than one district, this proponent will be given the option to choose a maximum of one district. The license agreement for the district(s) not chosen will then be awarded to the second place proponent(s).

The two year term of the license agreements will allow the City to transition into 100% healthy vending providing that the pilot program is successful.

Peanut Products

Products with peanut listed in the ingredients will not be sold in Parks, Forestry and Recreation snack vending machines. Parks, Forestry and Recreation staff will include this requirement in the RFP for Snack and Hot Drink Vending.

Vendors will provide Parks, Forestry and Recreation staff with a list of all products which will be sold in snack vending machines. The ingredients for each product will be included in this list. Further, Vendors will also be required to provide an ingredient list for all new products stocked in snack vending machines throughout the term of the license agreement.

CONCLUSION

Council motions from the meeting on April 28 and 29, 2008 were all considered in arriving at the recommendations contained in this report. Parks, Forestry and Recreation will introduce healthy vending at 20% with pilot locations offering 100% healthy snack vending in the pilot locations. Facility users, Vendors and staff can all be educated during this process.

Staff and Vendors will be given the opportunity to become familiar with healthy brands, machines and the guidelines. This will position Parks, Forestry and Recreation for a smooth transition if required to implement 100% healthy snack vending in the near future, if Council determines that it wishes to do so. 20% healthy food vending with a strong emphasis on the healthy requirements will place the City amongst the leaders in delivering healthy choices to recreation facility users.

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LIST OF ATTACHMENTS

Appendix A - Healthy Food Choices at Toronto Parks, Forestry and Recreation Locations

Appendix B – Survey of Healthy Vending Choices at Greater Toronto Area Municipal Recreation Facilities

Healthy Food Choices at Toronto Parks, Forestry and Recreation Locations

Summary of Recommendations:

Toronto Public Health recommends that:

1. *For all new Toronto Parks, Forestry and Recreation food-related contracts, the RFP contain the requirement that 100% of food and beverage choices available for sale meet the Healthy Food Choice nutrient criteria, as described below.*
2. *Toronto Parks, Forestry and Recreation develop a divisional Healthy Eating Policy applying to foods and beverages purchased with public funds and served at programs, events, meetings and functions (excluding food served at special permit events).*

Definition of “Healthy Food Choices” and Recommended Nutrition Standards

The nutrition standards outlined in this document are intended to guide Toronto Parks, Forestry and Recreation staff and Vendors in selecting the healthiest food and beverage choices for clients of Toronto Parks, Forestry and Recreation. The standards can be applied to foods and beverages offered and/or sold in vending machines, snack bars and concession stands. Following the standards are additional guidelines that can be used for snack bars, restaurants and/or cafeterias at Parks, Forestry and Recreation locations.

Foods and beverages are classified in two categories: Choose Most Often and Choose Sometimes. At least 80% of foods and beverages sold should come from the *Choose Most Often* category. Up to 20% of foods and beverages sold can come from the *Choose Sometimes* category.

All foods, regardless of category, should meet the guidelines for trans fat based on the Federal Trans Fat Task Force:

Food Product	Recommended percent of trans fat
Vegetable oils and soft (tub) margarines	2% of total fat content or less
All other foods purchased by consumers, or for use as an ingredient in the preparation of foods	5% of total fat content or less
Food products in which the fat comes only from meat or dairy sources, such as single ingredient meat or dairy food; or multiple ingredient foods or ingredients where the trans fat comes only from meat or dairy sources.	No trans fat limit, but lower total fat products are recommended

Notes:

- The nutrition standards are organized by food group according to *Eating Well with Canada’s Food Guide*. Within each food group, categories of food that are more suitable for non-refrigerated vending machines are listed first, followed by items that require refrigeration.

- The serving size for foods and beverages in each category is based primarily on “Food Guide Servings” as specified in *Eating Well With Canada’s Food Guide*. In some cases, the serving size is based on a commonly sold package size (eg, cheese slices are typically 21 grams) or it could be based on the reference amount on the ‘Nutrition Facts’ table.
- We recommend that the nutrition standards and criteria contained in this document are reviewed on an annual basis by Toronto Public Health to allow for any necessary adjustments based on the latest research. It is recommended that this clause be included in any contractual agreements between TPR and its Vendors.

Foods and Beverages to Choose Most Often

VEGETABLES AND FRUIT			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Dried Fruit and Dried Fruit Snacks	-Fruit is first ingredient -No added sugars or fat -At least 30% DV for vitamin C (good source of vitamin C) or At least 15% DV for vitamin A (good source of vitamin A)	Dried Fruit 60 mL (1/4 cup) Fruit leather 14g Dried Fruit Bar 37g	100% fruit leathers, raisins, cranberries, apricots, dried fruit mixtures
100% Juice	-Fruit juice or puree is first ingredient (or second ingredient after water) -No added sugars -At least 30% DV for vitamin C (good source of vitamin C) or At least 15% DV for vitamin A (good source of vitamin A) and -No more than 480 mg sodium	125 mL (1/2 cup)	orange juice, tropical fruit juice blends tomato juice, vegetable cocktail
Fresh, Frozen, or Canned Vegetables or Fruit	-Fruit or vegetable is first ingredient -No added sugar -No more than 480 mg of sodium -Not deep fried	1 fruit or 125 mL (1/2 cup)	whole apple, pear, banana, orange, berries, applesauce/ applesauce blends, canned fruit packed in juice roasted vegetables (e.g potatoes) cut peppers, carrots, broccoli, tomato or spaghetti sauce
Leafy vegetables		250 mL (1 cup)	Mixed green salad, spinach salad

- DV = Daily Value

GRAIN PRODUCTS

Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Grain-based bars	<ul style="list-style-type: none"> -Less than 5 grams of fat -Low in saturated fat (no more than 2 grams of saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) -At least 2 grams of fibre (source of fibre) -Less than 16 grams of sugar (unless fruit is the first or second ingredient) and sugar cannot be the first ingredient -Contains no chocolate, candy or marshmallows 	One bar (30-40 grams)	Cereal bars Granola bars
Cereals	<ul style="list-style-type: none"> -Whole grain or whole wheat is first ingredient -At least 4 grams of fibre (good source of fibre) -At least 25% DV for iron (excellent source of iron) -Low in saturated fat (no more than 2 grams of saturated fat + trans fat & 15% or less total calories from saturated fat + trans fat) -May contain 12-16 grams sugar if fruit is the first or second ingredient (otherwise it should contain less than 12 grams sugar) 	cold cereals: 30 grams hot cereals: 175 mL (3/4 cup)	
Crackers, rusks, etc.	<ul style="list-style-type: none"> -Whole grain or whole wheat is first ingredient -At least 2 grams of fibre (source of fibre) -At least 5% DV for iron (source of iron) -Low in saturated fat (no more than 2 grams of saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) -Less than 480 mg sodium 	20 grams	soda biscuits, melba toast, woven wheat-type crackers, rice cakes

- DV = Daily Value

GRAIN PRODUCTS (CONT'D)

Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Baked Goods	-Whole grain or whole wheat is first ingredient -No more than 5 grams of total fat -Low in saturated fat (no more than 2 grams of saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) -At least 2 grams of fibre (source of fibre) -At least 5% DV for iron (source of iron)	Muffins, snack breads (55 grams) Pancakes, waffles, French toast (75 grams) Cookies (30 grams)	muffins, snack breads, pancakes, waffles, French toast, cookies
Breads	-Whole grain or whole wheat is first ingredient -Low in saturated fat (no more than 2 grams of saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) -At least 2 grams of fibre (source of fibre) -At least 5% DV for iron (source of iron)	one slice bread (35 grams) bagel (45 grams) pita or tortilla (35 grams) roll (35 grams)	Bread, roll, bagel, tortilla, naan, cornbread, pita
Pasta	-Whole wheat is first ingredient -At least 4 grams of fibre (good source of fibre) -Enriched	85 grams uncooked or 1¼ cups cooked	Pasta, noodles
Rice and Other Grains	-Whole grain is the first ingredient	125 mL (½ cup)	cooked plain brown rice, couscous, barley, bulgar, millet, quinoa

- DV = Daily Value

MILK AND ALTERNATIVES			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Milk or Fortified soy beverage	-Lower-fat or non-fat (2% MF or less) or no more than 5 grams of total fat -At least 25% DV for calcium (excellent source of calcium) -At least 25% DV for vitamin D (excellent source of vitamin D)	250 mL (1 cup)	plain or flavoured milk, plain or flavoured fortified soy beverage
Cheese	-No more than 20% MF -At least 15% DV for calcium (good source of calcium)	hard cheese: 50 grams stringable cheese (2 sticks)	
Yogurt	-Lower fat or non-fat (2% MF or less) -At least 15% DV for calcium (good source of calcium) -At least 15% DV for vitamin D (good source of vitamin D) <i>Note: Due to smaller portion sizes of yogurt tubes and some individual yogurt cups, they may not provide 15% DV for calcium; however, they are OK if they contain no more than 2% M.F</i>	plain or fruit-flavoured in a cup or tube: 175 grams (3/4 cup) drinkable yogurt (200 mL)	Plain or fruit-flavoured yogurt, plain or fruit-flavoured yogurt drink

- DV = Daily Value

MEAT AND ALTERNATIVES

Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Fresh or Frozen Lean Meat/ Fish/Poultry	-No more than 3 grams of fat (low in fat) -No more than 480 mg sodium	cooked chicken breast, fish fillet, burgers: 75 grams (2½ oz.) canned tuna* or salmon, flaked ham/ chicken/turkey: 125 mL (½ cup)	cooked chicken breast, fish fillet, burgers canned tuna* or salmon, flaked ham/ chicken/turkey
Eggs	-Use a low-fat cooking method	1 large	
Dried, Canned or Frozen Legumes	-Canned legumes should be rinsed to reduce sodium	175mL (¾ cup)	kidney beans, chickpeas, lentils, hummus
Tofu		150 grams or 175 mL (¾ cup)	
Processed meat alternatives	-No more than 3 grams total fat (low fat) -At least 25% DV for iron (excellent source of iron) -No more than 480 mg sodium	75 grams	veggie or soy burgers or wieners, imitation ground meat

* *Note:* It is recommended that canned light tuna in water (containing skipjack or tongol varieties) be used instead of white or Albacore tuna canned in water

- DV = Daily Value

PRE-PACKAGED COMBINATION DISHES (with 'Nutrition Facts' Table)

Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Combination dishes	-No more than 5% DV for fat -No more than 10% DV for saturated fat + trans fat -At least 15% DV for vitamin A or iron or calcium (good source of vitamin A or iron or calcium) or 30% DV for vitamin C (good source of vitamin C) -At least 2 grams of fibre (source of fibre) -Less than 750 mg sodium	Soups, stews chilli: 250 mL (1 cup) Pizza, burrito, lasagna (140g) Sandwiches: 1 sandwich	soup, stew, chilli, pizza, burrito, lasagna, sandwiches

BEVERAGES

Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Beverages (Water-based)	-No added sugar -No artificial sweeteners -Less than 50 mg sodium -Less than 30 mg caffeine	Water 500 mL (2 cups) Coffee, Tea 250 mL (1 cup)	Water, soda water, decaffeinated coffee, decaffeinated, green and herbal teas

- DV = Daily Value

Foods and Beverages to Choose Sometimes

VEGETABLES AND FRUIT			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Dried Fruit and Dried Fruit Snacks	-Fruit is first ingredient -No added sugars or fat	Dried Fruit 60 mL (1/4 cup) Fruit leather 14g Dried Fruit Bar 37g	100% fruit leathers, raisins, cranberries, apricots, dried fruit mixtures
Canned Fruit	-Fruit is first ingredient -Not packed in heavy syrup or gelatine-type product	125 mL (1/2 cup)	Canned pineapple, peaches, pears, mixed fruit

GRAIN PRODUCTS			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Grain-based bars	-Low in saturated fat (no more than 2 grams of saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) -At least 2 grams of fibre (source of fibre) -At least 5% DV for iron (source of iron) -Sugar cannot be the first ingredient -Contains no chocolate, candy or marshmallows	One bar (30-40 grams)	Cereal bars Granola bars
Cereals	-Whole grain or whole wheat is first ingredient -At least 2 grams of fibre (good source of fibre) -At least 25% DV for iron (excellent source of iron) -Low in saturated fat (no more than 2 grams of saturated fat + trans fat & 15% or less total calories from saturated fat + trans fat) -Less than 8 grams sugar (if fruit is the first or second ingredient, it may contain up to 12 grams of sugar)	cold cereals: 30 grams hot cereals: 175 mL (3/4 cup)	

- DV = Daily Value

MILK AND ALTERNATIVES			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Processed Cheese Slices	-Reduced-fat or fat-free or made from skim milk and -At least 8% DV for calcium per slice (provides 15% DV for 2 slices = good source of calcium) and -No more than 480 mg sodium per slice	2 thin slices (42 grams)	
Processed Cheese Spread	-No more than 6 g fat (equivalent to 20% MF) -At least 5% DV for calcium (source of calcium) -No more than 480 mg sodium	30 grams	
Milk-based and Milk Alternative-based Desserts	-Low in saturated fat (No more than 2 grams of Saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) -At least 5% DV for calcium (source of calcium)	Custard or puddings made with milk (125 mL) Ice cream, frozen yogurt (125mL)	

MEAT AND ALTERNATIVES			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Deli Meats/ Cured Meats	-No more than 3 grams of fat (low in fat) -No more than 480 mg sodium	cooked sliced ham, roast beef, turkey (75 grams) wiener/sausage/bacon (50 grams)	

- DV = Daily Value

SNACK FOODS AND FRENCH FRIES			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Grain, corn and potato snacks, roasted legumes	-At least 5% DV for vitamin A or C or calcium or iron (source of vitamin A or C, calcium or iron) and -No more than 3 grams total fat (low fat) and -Low in saturated fat (no more than 2 grams of saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) and -No more than 480 mg sodium	Chips, pretzels, popcorn, cereal mix, etc. (50 grams) Roasted legumes (30 grams)	
French Fries	-Low in fat (no more than 3 g of fat per serving) -Low in saturated fat (no more than 2 grams of saturated fat + trans fat and 15% or less total calories from saturated fat + trans fat) -No more than 480 mg of sodium	French Fries (85 grams)	French fries should not be served more than twice a week

BEVERAGES			
Food Category	Nutrition Criteria (per reference amount on food package)	Serving Size	Examples
Beverages (Water-based)	-No added sugar -No artificial sweeteners -Less than 50 mg sodium -Less than 180 mg caffeine	Coffee, Tea 250 mL (1 cup)	Coffee, Tea

- DV = Daily Value

Foods and Beverages Not Recommended

All foods and beverages that do not meet the nutrition criteria described above (under *Foods and Beverages to Choose Most* and *Foods and Beverages to Choose Sometimes*) are not recommended for sale or distribution at Toronto Parks, Forestry and Recreation Locations.

In addition, candy, sweets, potato chips, non-nutritive beverages and foods with significant amounts of artificial trans fat, as described below, are not recommended:

Category	Examples	Recommendations
Candy, Sweets and Potato Chips	Candy Chocolate Marshmallows Pastries Potato chips	These should <u>not</u> be available (except for baked potato chips that meet the nutrition criteria for grain, corn and potato snacks in <i>Choose Sometimes</i>).
Beverages (other than 100% fruit or vegetable juice, soy beverage or milk)	Carbonated beverages (diet and regular) Sports drinks Energy drinks Artificially-flavoured drinks made from crystals or frozen concentrate Slush drinks Hot chocolate (made with water) Iced tea	These beverages should <u>not</u> be available.
Foods containing artificial trans fat	Some microwave popcorn Some chips Some crackers Some pudding cups Some snack foods Some baked goods Some fried foods Some convenience foods	Foods with more than 5% of the total fat content from artificial trans fat should <u>not</u> be available.

Guidelines for the preparation of mixed dishes

A. Specific Guidelines by Food Category

These guidelines should be used when preparing mixed dishes from scratch.

Item	Guidelines
Pizza	<p>-Pizza crust should be whole wheat</p> <p>-2 vegetable/fruit choices should be included (tomato sauce is included)</p> <p>-Meat and Alternative choices include ham, grilled chicken and lean ground beef</p>
Salads	<p>-Salads should include at least 2 vegetable choices</p> <p>-A small amount (no more than 15 mL / 1 tbsp) of salad dressing is acceptable</p> <p>Note: If salad is served as an entrée (main meal):</p> <ul style="list-style-type: none"> • It should be accompanied by a whole grain or whole wheat product (e.g. bread, pita). • It should also include leaner Meat and Alternatives (black beans, chick peas, eggs, lean ham, turkey, tuna canned in water*, chicken or roast beef)
Subs, Wraps, Bagels or Pita Sandwiches	<p>-Subs, wraps, bagels or pitas should be whole wheat</p> <p>-Sandwiches should include a minimum of two vegetable choices (eg, lettuce, tomatoes, cucumbers)</p> <p>-Recommended Meat and Alternative choices are lean ham, turkey, chicken, tuna canned in water*, roast beef and hummus.</p> <p>-Pepperoni, bologna and other higher-fat processed meats are not recommended</p> <p>-A small amount (no more than 5 mL / 1 tsp) of one of the following is acceptable: sauce, dressing, light mayonnaise or non-hydrogenated margarine</p> <p>-A small amount of mustard and pickles is acceptable</p>
Soft Taco or Wrap, Bagel or Pita Sandwiches, Burgers (beef, chicken or fish)	<p>-Soft tacos, wraps, breads, pitas, bagels, hamburger buns should be whole grain</p> <p>-Two vegetable choices should be included</p> <p>-A small amount (no more than 5 mL / 1 tsp) of one of the following is acceptable: sauce, dressing, light mayonnaise or non-hydrogenated margarine</p> <p>-A small amount of mustard and pickles is acceptable</p>

Soups, Stews, Chilli, Pasta	<ul style="list-style-type: none"> -Soups, stews and chilli should be served with a whole wheat roll, whole wheat crackers or other whole grain product -These meals should provide a serving of vegetables -Recommended Meat and Alternatives choices include lean ground beef, turkey, chicken, baked beans, black beans, chick peas, lentils or any other legumes
Mini Pizzas, Grilled Cheese Sandwiches, Tuna Melts	<ul style="list-style-type: none"> -Breads, English muffins or tortilla shells should be whole grain -A serving of vegetables or fruit should be included as part of the meal. -Leaner meat should be included as part of the meal. Recommended meat and alternative choices include turkey, chicken, roast beef and tuna canned in water*

* *Note:* It is recommended that canned light tuna in water (containing skipjack or tongol varieties) be used instead of white or Albacore tuna canned in water

B. General Guidelines for Fats, Oils, Sugars, Sweets, Seasonings, Dips, Spreads and Condiments

Category	Examples	Recommendations
Fats and Oils	<ul style="list-style-type: none"> Butter Margarine Vegetable oil Oil, spray-type Lower-fat mayonnaise/sandwich spread/mayonnaise-type dressing Salad dressings 	<ul style="list-style-type: none"> -Use only a small amount. -Avoid partially hydrogenated vegetable oils, margarines and shortenings. Choose fats and oils with no more than 2% of fat from trans fat.
Sugars and Sweets		<ul style="list-style-type: none"> -Small amounts of jam, jelly, marmalade, syrup, fruit butters may be used as part of a meal or snack.
Seasonings	<ul style="list-style-type: none"> Spices Herbs Salt, salt substitutes and seasoned salts 	<ul style="list-style-type: none"> -Prepare foods with little or no added salt. -Spices and herbs should be used in place of salt or salt substitutes.
Dips, Spreads and Condiments		<ul style="list-style-type: none"> -Small amounts of dipping sauces and condiments may be used as part of a meal or snack. -Small amounts of lower-fat cream cheese and lower-fat sour cream may be used as part of a meal or snack.

**Survey of Healthy Vending Choices at Greater
Toronto Area Municipal
Recreation Facilities**

Municipality	Healthy Vending	Healthy Vending Details
Ajax	Yes	<ul style="list-style-type: none"> • New agreement in 2008 with 20% healthy vending in June 2008 • Healthy choices to be place at eye level in machines
Aurora	Yes	<ul style="list-style-type: none"> • Commencing June 1, 2008 healthy food choices to be introduced • Informal approach working with Vendor to ensure some healthy choices; no set percentages
Brampton	Pilot Locations	<ul style="list-style-type: none"> • Currently being offered at 2 facilities as Eat Smart 25% healthier choices pilot program ending in June 2008
Burlington	No	N/A
Hamilton	No	N/A
Milton	No	N/A
Mississauga	Pilot Locations	<ul style="list-style-type: none"> • Eat Smart 25% healthier choices pilot program ending in June 2008
Pickering	No	<ul style="list-style-type: none"> • The focus on healthy food choices is restricted to snack bars only