

SAMPLE OF CEREALS THAT MEET THE SNP NUTRITION GUIDELINES

Grain Requirements: Whole grain/whole wheat/bran is first ingredient AND sodium is less than or equal to 10% daily value per serving AND sugar is less than or equal to 8 grams per 30 gram serving.

Note: Please review ingredient lists and allergens prior to serving to ensure peanut/nut free each time you purchase any product as allergen information may change.

 <p>Cheerios 1st ingredient: Whole Grain Oats Sugar: 1g per 27g serving Sodium: 7% DV</p>	 <p>Multi-Grain Cheerios 1st ingredient: Whole Grain Oats Sugar: 6g per 30g serving Sodium: 7% DV</p>	 <p>PC Toasted O's 1st ingredient: Whole Grain Oat Flour Sugar: 1g per 30g serving Sodium: 8% DV Certified Kosher</p>
 <p>Great Value Toasted O's 1st ingredient: Whole Grain Oat Flour Sugar: 1g per 24g serving Sodium: 4% DV</p>	 <p>General Mills Kix 1st ingredient: Whole Grain Corn Sugar: 4g per 40g serving Sodium: 10% DV</p>	 <p>Kashi Organic Honey Toasted Oat 1st ingredient: Whole Oat Flour Sugar: 7g per 44g serving Sodium: 3% DV</p>

SAMPLE OF CEREALS THAT MEET THE SNP NUTRITION GUIDELINES



Quaker Oatmeal Squares
Brown Sugar/Cinnamon/Honey Nut
1st ingredient: Whole Grain Oat Flour
Sugar: 9 - 10g per 56g serving
Sodium: 8% DV
Certified Kosher



Weetabix Whole Grain Cereal
1st ingredient: Whole Grain Wheat
Sugar: 2g per 53g serving
Sodium: 7% DV
Certified Kosher



Brown Rice Krispies
1st ingredient: Whole Grain Brown Rice
Sugar: 1g per 32g serving
Sodium: 8% DV
Certified Gluten Free



Life Multigrains
1st ingredient: Oat Bran
Sugar: 5g per 30g serving
Sodium: 4% DV
Certified Kosher



Life Cinnamon
1st ingredient: Whole Grain Oat
Flour
Sugar: 10g per 42g serving
Sodium: 7% DV
Certified Kosher



Life Original
1st ingredient: Whole Grain Oat Flour
Sugar: 10g per 49g serving
Sodium: 10% DV
Certified Kosher

SAMPLE OF CEREALS THAT MEET THE SNP NUTRITION GUIDELINES



Shreddies Original

1st ingredient: Whole Grain Wheat
Sugar: 9g per 55g serving
Sodium: 9% DV
Certified Kosher



Shreddies Honey

1st ingredient: Whole Grain Wheat
Sugar: 13g per 57g serving
Sodium: 9% DV
Certified Kosher



Shreddies + Granola

1st ingredient: Whole Grain Wheat
Sugar: 13g per 56g serving
Sodium: 6% DV
Certified Kosher



Made Good Strawberry OR Apple Cinnamon Granola

1st ingredient: Pure Gluten Free
Oats
Sugar: 9g per 55g serving
Sodium: 3% DV
Certified Nut Free



PC Wheat Squares

1st ingredient: Whole Grain Whole
Wheat
Sugar: 7g per 55g serving
Sodium: 8% DV
Certified Kosher



PC Puffed Wheat Cereal

1st ingredient: Whole Wheat
Sugar: 0g per 15g serving Sodium:
0% DV



Kashi Autumn Wheat Squares

1st ingredient: Whole Grain Wheat
Sugar: 7g per 60g serving
Sodium: 0% DV



Kashi Cinnamon Harvest Squares

1st ingredient: Whole Grain Wheat
Sugar: 8g per 55g serving Sodium: 0%
DV



Shredded Wheat Original

1st ingredient: Whole Grain Wheat
Sugar: 0g per 47g serving
Sodium: 0% DV
Certified Kosher

SAMPLE OF CEREALS THAT MEET THE SNP NUTRITION GUIDELINES



Shredded Wheat & Bran

1st ingredient: Whole Grain Wheat
Sugar: 0g per 47g serving
Sodium: 0% DV
Certified Kosher



Kashi Blueberry Flakes

1st ingredient: Organic Whole Grain Steel Cut Oats
Sugar: 11g per 54g serving
Sodium: 6% DV



Kashi Granola Crunch Cereal

1st ingredient: Kashi Seven Whole Grains & Sesame blend
Sugar: 18g per 74g serving
Sodium: 6% DV



All-Bran Original

1st ingredient: Wheat Bran
Sugar: 6g per 36g serving
Sodium: 8% DV



All-Bran Flakes

1st ingredient: Whole Grain Wheat
Sugar: 5g per 34g serving
Sodium: 9% DV



Great Value Bran Flakes

1st ingredient: Whole Grain Wheat
Sugar: 6g per 39g serving
Sodium: 10% DV

SAMPLE OF CEREALS THAT MEET THE SNP NUTRITION GUIDELINES



**Honey Bunches of Oats Roasted
Honey**
1st ingredient: Corn
Sugar: 8g per 42g serving
Sodium: 6% DV



Honey Bunches of Oats Strawberry
1st ingredient: Corn
Sugar: 11g per 43g serving
Sodium: 7% DV



Fibre 1 Crunchy Original
1st ingredient: Whole Grain Wheat
Sugar: 1g per 62g serving
Sodium: 10% DV



Blue Menu Bran Flakes
1st ingredient: Whole Grain
Whole Wheat
Sugar: 4g per 40g serving
Sodium: 6% DV

SAMPLE OF CRACKERS THAT MEET THE SNP NUTRITION GUIDELINES

Grain Requirements: Whole grain/whole wheat/bran is first ingredient AND sodium is less than or equal to 10 % daily value per serving AND sugar is less than or equal to 8 grams per 30 gram serving.

Note: Please review ingredient lists and allergens prior to serving to ensure peanut/nut free each time you purchase any product as allergen information may change.



Any Triscuit Cracker – Organic, Original, Minis, or Thin Crisps
 1st ingredient: Whole Grain Wheat
 Sugar: Varies 0-1g per serving
 Sodium: Varies 1-7% DV



Compliments Woven Whole Wheat Crackers Cracked Pepper
 1st ingredient: Whole Grain Whole Wheat
 Sodium: 3% DV



Great Value Wheat Crackers Rosemary & Olive Oil OR Original
 1st ingredient: Whole Grain Wheat
 Sodium: 3-4% DV



PC Wheat Square Crackers
 1st ingredient: Whole Grain Whole Wheat
 Sodium: 3-5% DV

SAMPLE OF CRACKERS THAT MEET THE SNP NUTRITION GUIDELINES



PC Chia and Quinoa Pita Crackers
1st ingredient: Whole Grain Whole
Wheat Flour
Sugar: 1g per 30g serving
Sodium: 6% DV
Certified Kosher



**PC Crisp & Thin Crackers – Whole
Grain Crackers OR Flax and Honey**
1st ingredient: Whole Grain Whole
Wheat Flour
Sugar: 1-2g per 20g serving
Sodium: 5 – 6% DV
Certified Kosher
Certified Nut Free



Breton Crackers – Multigrain
1st ingredient: Whole Grains
Sugar: 1g per 18g serving
Sodium: 5% DV
Certified Nut Free



**Breton Bites Crackers – Original OR
Veggie**
1st ingredient: Whole Grain Whole
Wheat Flour
Sugar: 2-3g per 30g
serving
Sodium: 9 – 10% DV
Certified Nut Free



**Breton Sweet Bites Crackers –
Apple OR Strawberry**
1st ingredient: Whole Grain Whole
Wheat Flour
Sugar: 3g per 30g serving
Sodium: 5% DV



**PC Mini Crisp and Thin Crackers -
Multigrain OR Vegetable**
1st ingredient: Whole Grain Whole
Wheat Flour
Sugar: 2 – 3g per 30g serving
Sodium: 8 -9% DV
Certified Kosher
Certified Nut Free

SAMPLE OF CRACKERS THAT MEET THE SNP NUTRITION GUIDELINES



**Premium Plus Whole Wheat Soda
Crackers**

1st ingredient: Whole Grain Wheat
Flour
Sodium: 9% DV



**Wheat Thins Sundried Tomato & Basil
OR Cracked Pepper**

1st ingredient: Whole Grain Wheat
Flour
Sugar: 3-4 g per serving
Sodium: 4 – 8% DV



Great Value Thin Wheat

1st ingredient: Whole Grain Whole
Wheat Flour
Sodium: 5% DV
Certified Kosher
Certified Nut Free



Grissol Melba Toast – Whole Grain

1st ingredient: Whole Grain Whole
Wheat Flour
Sugar: 2g per 35g serving
Sodium: 7% DV



Irresistibles Multigrain Melba Toast

1st ingredient: Whole Wheat Flour
Sugar: 1g per 20g serving
Sodium: 4% DV



**PC Melba Toast – Whole Wheat OR
Multigrain**

1st ingredient: Whole Wheat Flour
Sugar: 1g per 20g serving
Sodium: 4% DV

SAMPLE OF CRACKERS THAT MEET THE SNP NUTRITION GUIDELINES



Goldfish Multigrain
1st ingredient: Whole Grain Wheat
Flour
Sodium: 10% DV



**PC Whole Wheat Cheddar
Little Penguins**
1st ingredient: Whole Grain
Whole Wheat Flour
Sodium: 8% DV
Certified Nut Free



**Mary's Organic Crackers –
Original, Herb, Black Pepper**
1st ingredient: Brown Rice
Sodium: 7 – 8% DV
Certified Gluten Free



Sesmark Ancient Grains Crackers – Sea Salt OR Parmesan Herb
1st ingredient: Whole Grain Brown Rice
Sugar: 0 - 1g per 30g serving
Sodium: 3 – 6% DV
Certified Gluten Free



Wasa Rye Crackers – Light Rye, Sourdough Rye, Fibre Rye, Multi Grain
1st ingredient: Whole Grain Rye Flour
Sodium: 3 – 6% DV

SAMPLE OF CRACKERS THAT MEET THE SNP NUTRITION GUIDELINES



Ryvita Whole Grain Snack Bread
1st ingredient: Whole Grain Wheat
Flour
Sugar: 1g per 20g serving
Sodium: 2% DV



**Finn Crisp Original Thin
Crispbread**
1st ingredient: Whole Grain
Rye Flour
Sugar: 0g per 31g serving
Sodium: 7% DV



**Ryvita Multigrain, Sesame Rye, Rye and Oat
Bran**
1st ingredient: Whole Grain Rye Flour
Sugar: 1g per 31.5g serving
Sodium: 2 – 4% DV

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES

Yogurt Requirements: Plain yogurt with less than or equal to 2% milk fat (M.F.) Flavoured/sweetened yogurt with less than or equal to 11 grams of sugar per 100 gram serving and less than or equal to 2% milk fat (M.F.) Foods with sugar substitutes or sweeteners are not on the “do not serve” list. No drinkable yogurts.

Note: All plain yogurts with 2% milk fat (M.F) meet nutrition guidelines. The items below are a sample of flavoured yogurt products available that meet the nutrition guidelines.



iöGO 0%
0% M.F. 8g sugar/100g serving
Certified Gluten Free
Certified Kosher



Danone Creamy
1.5% M.F. 10g sugar/100g serving

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES



iögo Creamy
1.5% M.F. 11g sugar/100g serving
Certified Gluten Free



Astro Smooth'n Fruity
1% M.F. 10 -11 g sugar/100g serving
Certified Kosher

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES



Great Value Stirred Yogurt 1%
1% M.F. 9 - 10g sugar/100g serving
Certified Kosher



PC Greek Yogurt 0%
0% M.F. 5 - 11g sugar/100g serving



Oikos Greek Yogurt 0%
0% M.F. 3 - 11g sugar/100g serving

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES



PC Greek Yogurt 2%
2% M.F. 3 - 10g sugar/100g serving
Certified Kosher



Oikos High Protein Greek Yogurt 0%
0% M.F. 5 - 17g sugar/175g serving



Oikos 30% Less Sugar 0%
0% M.F. 7g sugar/100g serving

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES



Siggis Skyr 0% Vanilla, 0% or 2% Strawberry
0-2% M.F. 11 – 14 g sugar/175 g serving
Certified Kosher



Oikos Greek Yogurt 2%
2% M.F. 7 - 10g sugar/100g serving

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES



Liberte Greek 0%
0% M.F. 3 - 11g /100g serving



Liberte Greek 2%
2% M.F. 3 - 11g sugar/100g serving



Irresistible Greek 2%
2% M.F. 7-9g sugar/100g serving



Our Finest 0% Greek, 2% Greek
0-2% M.F. 3 - 9g sugar/100g serving

SAMPLE OF YOGURTS THAT MEET SNP GUIDELINES



iögo Nano Yogurt Tubes
1.9% M.F. 6g sugar/60g serving



Yoplait Tubes
1% M.F. 10g sugar/112g serving

SAMPLE OF GRANOLA BARS & COOKIES THAT MEET THE SNP NUTRITION GUIDELINES

Grain Requirements: Whole grain/whole wheat/bran is first ingredient AND sodium is less than or equal to 10 % daily value per serving AND sugar is less than or equal to 8 grams per 30 gram serving. No chocolate, candy or marshmallows and not dipped in chocolate or yogurt.

Note: Please review ingredient lists and allergens prior to purchasing to ensure peanut/nut free each time you purchase any product as allergen information may change.



Quaker Chewy Apple Fruit Crumble

1st ingredient: Granola (Oats)
Sugar: 5g sugar/bar (24g)
Sodium: 3% DV
Certified Nut Free



Quaker Chewy Strawberry Fruit Crumble

1st ingredient: Granola (Oats)
Sugar: 6g sugar/bar (24g)
Sodium: 3% DV
Certified Nut Free



PC Blue Menu Berry Blend

1st ingredient: Whole Grain Granola
Sugar: 4g sugar/bar (26g)
Sodium: 2% DV
Certified Nut Free



Made Good Strawberry OR Mixed Berry Bar

1st ingredient: Gluten Free Oats
Sugar: 6g sugar/bar (24g)
Sodium: 1% DV
Certified Nut Free
Certified Gluten Free



Made Good Strawberry Granola Bites

1st ingredient: Gluten Free Oats
Sugar: 6g sugar/24g serving
Sodium: 1% DV
Certified Nut Free
Certified Kosher
Certified Gluten Free



Made Good Mixed Berry Granola Bites

1st ingredient: Gluten Free Oats
Sugar: 6g sugar/24g serving
Sodium: 0% DV
Certified Nut Free
Certified Kosher
Certified Gluten Free



Made Good Apple Cinnamon Granola Bites

1st ingredient: Gluten Free Oats
Sugar: 6g sugar/24g serving
Sodium: 1% DV
Certified Nut Free
Certified Kosher
Certified Gluten Free



Go Pure Oat Bars Apple Cinnamon

1st ingredient: Whole Oats
Sugar: 7g sugar/bar (35g)
Sodium: 4% DV
Certified Nut Free



Kashi 7 Grain & Quinoa Bar Honey Oat Flax

1st ingredient: Whole Grain Oats
Sugar: 9g sugar/40g serving
Sodium: 4% DV
Certified Nut Free

SAMPLE OF GRANOLA BARS & COOKIES THAT MEET THE SNP NUTRITION GUIDELINES



**Nature Valley Soft-Baked Muffin
Bars Blueberry OR Apple Cinnamon**

1st ingredient: Whole Wheat Flour
Sugar: 8- 9g sugar/bar (35g)
Sodium: 7% DV



**Enjoy Life Soft-Baked Breakfast
Ovals – Berry Medley OR Maple Fig**

1st ingredient: Oats
Sugar: 11-12g/50g
Sodium: 8% DV
Certified Nut Free
Certified Gluten Free

SAMPLE OF GRANOLA BARS CONTAINING PEANUTS/NUTS THAT MEET SNP GUIDELINES

Grain Requirements: Whole grain/whole wheat/bran is first ingredient AND sodium is less than or equal to 10 % daily value per serving AND sugar is less than or equal to 8 grams per 30 gram serving. No chocolate, candy or marshmallows and not dipped in chocolate or yogurt.

Note: These items contain peanuts and/or nuts OR have “may contain” statements and should only be served in schools that do not have specific allergy policies in place.

 <p>PC Blue Menu Fruit and Nut Mixed Berry 1st ingredient: Whole Grain Granola Sugar: 7g sugar/bar (33g) Sodium: 2% DV Certified Kosher</p>	 <p>PC Blue Menu Oatmeal and Nut Butter Cranberry and Seeds 1st ingredient: Whole Rolled Oats Sugar: 4g sugar/bar (38g) Sodium: 2% DV Certified Kosher</p>	 <p>Tim Hortons Blueberry Bar 1st ingredient: Whole Grain Granola Sugar: 7g sugar/bar (30g) Sodium: 4% DV</p> <p><i>*May contain statement for tree nuts. Review label for other possible allergens or changes.</i></p>
 <p>Tim Hortons Apple Fritter Bar 1st ingredient: Whole Grain Granola Sugar: 8g sugar/bar (30g) Sodium: 4% DV</p> <p><i>*May contain statement for tree nuts. Review label for other possible allergens or changes.</i></p>	 <p>Nature Valley Fruit & Nut Chewy Trail Mix 1st ingredient: Granola (Oats) Sugar: 7g sugar/bar (35g) Sodium: 3% DV</p>	 <p>Nature Valley Trail Mix Mixed Berry 1st ingredient: Granola (Oats) Sugar: 7g sugar/bar (35g) Sodium: 3%</p>
 <p>Nature Valley Crunchy Peanut Butter 1st ingredient: Whole Grain Oats Sugar: 9g sugar/46g per serving Sodium: 6% DV</p>	 <p>Nature Valley Crunch Roasted Almond 1st ingredient: Whole Grain Oats Sugar: 12g/46g per serving Sodium: 7% DV</p>	 <p>Nature Valley Crunch Pecan Crunch 1st ingredient: Whole Grain Oats Sugar: 11g/42g serving Sodium: 6% DV</p>

SAMPLE OF GRANOLA BARS CONTAINING PEANUTS/NUTS THAT MEET SNP GUIDELINES



Kashi Trail Mix

1st ingredient: Whole Grain Oats
Sugar: 7g sugar/bar (35g)
Sodium: 5% DV



Kashi Honey Almond Flax

1st ingredient: Whole Grain Oats
Sugar: 7g sugar/bar (35g)
Sodium: 6% DV



Kind Oats & Honey with Toasted Coconut

1st ingredient: Gluten Free Oats
Sugar: 6g/bar (35g)
Sodium: 4% DV

Certified Gluten Free

**May contain statement for peanuts and tree nuts. Review label for other possible allergens or changes.*



Kind Blueberry Vanilla

1st ingredient: Oats
Sugar: 7g/bar (35g)
Sodium: 3% DV

Certified Gluten Free

**May contain statement for peanuts and tree nuts. Review label for other possible allergens or changes.*