

2015-2016
Receipt Review and Nutrition Feedback
 Child Nutrition Council of Manitoba



Thank you for submitting the 2015-2016 food receipts from your nutrition program! Your receipts have been reviewed under the guidance of Registered Dietitians. A summary of foods purchased, including comments on best practices for school programs and Canada's Food Guide, has been included below.

School

Contact

Email

Program Breakfast

Foods	Vegetables	Freq.	Fruits	Freq.	Grain Prod.	Freq.	Milk & Alts	Freq.	Meat & Alts	Freq.
peeled carrots		18	bananas	24	shreddies	6	2% milk (4L)	31	eggs	13
cucumbers		3	can peach slices	7	quick oats	4	vanilla yogurt	16	pumpkin seeds	5
hash browns		2	ambrosia apples	6	multigrain cheerios	3	milk ?% (4L)	14	brown beans	5
celery sticks		1	gala apples	6	triscuit crackers	3	strawberry yogurt	12	soybean butter	2
green pepper		3	strawberries	5	pancake mix	1	2% milk (2L)	6	lentils	2
			barlett pears	4	tortilla	1	marble cheese	4	walnuts	1
			royal apples	4	flour	1	fieldberry yogurt	4		
			can pear halves	4	crispy rice cereal	1	raspberry yogurt	3		
			jazz apples	3	cinn chex cereal	1	fat free yogurt	3		
			navel oranges	2	wheat thin crackers	1	peach yogurt	2		
			frozen fruit blend	2	rice krispies	1	thin cheese slices	2		
			frozen strawberries	2			mild cheddar cheese	1		
			star fruit	2			cottage cheese	1		
			pomegranates	2			blueberry yogurt	1		
			apples	2						
			can apricot halves	2						
			spartan apples	2						
			cantaloupe	2						
			pink lady apples	1						
			produce?	1						
			red grapes	1						
			black plums	1						
			pineapple	1						
			persimmons	1						
			bosc pears	1						
			anjou pears	1						
			gold delicious apple	1						
			blood orange	1						
			yellow plums	1						
			frozen tropical fruit	1						
			frozen raspberries	1						
			kiwi	1						
Totals		27		77		23		100		28

Foods	Combo Foods	Freq.	Other Foods	Freq.	Beverages	Freq.	Other Costs	Freq.
			salad dressing	11	apple juice	10	color bristle board	8
			baking powder	1	orange juice	8	bleach	3
			margarine	4			dish detergent	2
			s sweet choc chips	4			plastic knives	1
			vinegar	2			apple slicer	1
			jam	2				
			brown sugar	2				
			cooking spray	2				
Totals		0		28		18		15

Comment 1 Excellent variety of vegetable and fruit choices, including different colors, exotic and local varieties, and fresh, frozen, and canned fruit types.

Comment 2 For breakfast cereals and crackers, ensure the first ingredient is a whole grain. Look for these words in the ingredient list: whole [name of grain], stone ground whole [name of grain], brown rice, oats, oatmeal and wheat berries. Fat: 7 g or less; Trans fat: 0, sodium: 350 mg or less, sugars: 8 g or less.

Comment 3 When baking, 1/2- 1 cup or less of added sugar (includes all types of sugar, honey, molasses, syrup, chocolate chips and candy) is used per 12-portion recipe. Spreads are offered in moderate amounts. Margarine is spread thinly when used and it is non-hydrogenated. Jam is offered no more than once per week.

Reviewer Carol Schnittjer, RD

Review Date