

# Child Nutrition Council of Manitoba

## 2020-21 Receipt Review & Nutrition Feedback

Thank you for submitting the 2020-21 food receipts from your meal/snack program! Your receipts have been reviewed by a Registered Dietitian. We hope that this summary of foods purchased and comments based on the Manitoba School Nutrition Guidelines will help with future program planning and nutrition goals.

School: ABC School

Reviewer: Carol Schnittjer, RD

**General Comments:** Great start on offering nutritious choices on your menu. When planning meals, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food and one protein food. When planning snacks, aim for a variety of healthy foods from Canada's Food Guide, including at least one vegetable or fruit, one whole grain food or one protein food.

### Vegetables: 18 types

Type	Freq.	Type	Freq.	Type	Freq.
carrots, baby	42	cucumbers	35	snap peas	11
celery	14	tomatoes, canned	13	spinach, frozen chopped	6
peppers/onions, frozen	8	potatoes, red	7	garlic, minced	4
tomatoes, diced	5	tomatoes	5	cauliflower	3
onions, green	4	broccoli	3	cilantro	1
onion, yellow	2	tomatoes, paste	2	ginger	1

Comments: Good start on offering a variety of vegetables. Aim for at least 8 different varieties offered per month. Good use of fresh herbs. For frozen hash browns, per portion size sold: Fat - 5 g fat or less; Trans fat - 0; Sodium - 200 mg or less.

### Fruits: 15 types

Type	Freq.	Type	Freq.	Type	Freq.
bananas	59	oranges	57	fruit, cocktail	48
apples	35	sauce, apple, sweetened	24	kiwi	12
pears, bartlett	10	strawberries, frozen	5	cantaloupe	4
cranberries, dried	3	mandarins	3	superfruit, frozen	2
melon, mixed	1	grapes, red	1	fruit platter, small	1

Comments: Good start on offering a variety of vegetables. Aim for at least 8 different varieties offered per month. Good use of fresh herbs. For frozen hash browns, per portion size sold: Fat - 5 g fat or less; Trans fat - 0; Sodium - 200 mg or less.

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## Hot & Cold Cereals:

Type	Freq.	Type	Freq.	Type	Freq.
cereal, Rice Krispies	54	cereal, Cheerios	18	cereal, Vector	17
cereal, Life	10	cereal, Cheerios, multigrain	6	cereal, Mini Wheats	6

Comments: Great use of a variety of cereals - at least 1-2 different types are offered per week. Ensure whole grain is the first ingredient. To choose whole grains 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. Per portion size sold should have 8 g of sugar or less.

## Bread, Pasta & Grains:

Type	Freq.	Type	Freq.	Type	Freq.
bread, whole wheat	111	crackers, ritz	76	bread, cinnamon raisin	70
crackers, whole grain	41	crackers, bear paw	36	pancake mix	26
crackers	12	bagels, cinnamon raisin	12	crackers, whole grain cheddar	12
tortilla chips	12	crackers, soda	9	tortillas	8
spaghetti	6	macaroni	4	waffles, frozen	4
granola bars, chewy	3	penne, gluten free	2	pancake mix, gluten free	1

Comments: Great use of a variety of grains. Ensure whole grain is the first ingredient. Per portion size sold for crackers and snack bars: Fat - 7 g or less; Trans fat - 0; Sodium - 350 mg or less; Sugars - 8 g or less.

## Milk, Cheese & Yogurt:

Type	Freq.	Type	Freq.	Type	Freq.
milk, 2% (2L)	69	yogurt, flavored	31	cheese, shredded cheddar	17
cheese, marble	13	cheese, cheddar medium	3	yogurt, plain	3

Comments: Great use of cheese and yogurt. Offer skim, 1% or 2% white milk daily with meal programs.

## Meat, Poultry, Fish, Beans, Eggs, Nuts, & Seeds:

Type	Freq.	Type	Freq.	Type	Freq.
eggs, extra large	46	eggs, large	10	bacon, chicken	7
sausage	6	ground beef, lean	6	chia seed	1
hummus	3	chickpeas	3	chicken, breasts	2

Comments: Great use of eggs, lean ground beef, lean chicken and legumes. Menus should include a variety of proteins such as cottage cheese, pulses (such as dried or canned beans, peas, chickpeas or lentils), nuts, seeds, nut-, seed- or pulse-based spreads (ex: hummus, soy butter, sunflower seed butter) and fresh cuts of meat. Limit high fat/high sodium meats such as bacon and sausage.

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### Oils, Sauces, Salad Dressings, & Condiments:

Type	Freq.	Type	Freq.	Type	Freq.
jam, no sugar added	12	pasta sauce	1	margarine	25
oil, canola	1	spaghetti sauce	3	salsa	12
vegetable cooking spray	11	fruit spread	8	soy sauce	5

Comments: Condiments, dips and spreads are to be offered in moderate amounts. Margarine is spread thinly when used: if using margarine, ensure it is non-hydrogenated (soft). Jam, marmalade and/or honey is offered no more than once a week. Limit use of processed cheese spread (ex. Cheez Whiz) and try brick cheese which is lower in sodium and higher in calcium. Try offering yogurt and fruit on pancakes instead of syrup.

### Baking & Spices:

Type	Freq.	Type	Freq.	Type	Freq.
oregano	2	flour	5	cornmeal	3
turmeric	1	baking powder	2	parsley	1
basil	1	garlic powder	1	cumin	1

Comments: 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.

### Beverages:

Type	Freq.	Type	Freq.	Type	Freq.
juice, apple	6	water	5	drink, orange/strawberry	5

Comments: 100% fruit juice is offered no more than once every 2 weeks. Tap water can be served in a pitcher with sliced lemons or oranges for flavor. Beverages which include words such as punch, cocktail, ade or drink have sugar added and should be limited. Offer more fruit in place of fruit juice.

### Confectionery:

Type	Freq.	Type	Freq.	Type	Freq.
cookies, blueberry bran	61	cookies, arrowroot	6	syrup, strawberry	1

Comments: Confectionery (ex: candy, chocolate bars, gummies, gelatin, desserts, licorice) are not considered to meet the nutrition criteria. Substitute more fruit or yogurt or pudding made with milk for cookies, cakes and ice cream.

### Supplies:

Type	Freq.	Type	Freq.	Type	Freq.
napkins	22	freezer bags	2	scour sponge	1
knives, plastic	10	dish soap	7	container, twist & lock	2
parchment paper	3	dishwasher detergent	4	aluminum foil	2

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## Equipment:

Type	Freq.	Type	Freq.	Type	Freq.
cookie cutters	4	utensils, 6 piece set	1	rolling pin	1

**Total dollar amount from receipts submitted: \$\$\$**

**Total CNCM Grant 2020-21: \$\$\$**