

Healthier Packaged Products

As part of the Healthy Eating Environments Guideline (HEEG), WRHA sites are working towards providing a greater percentage of healthier single serving packaged snacks wherever they are sold – in cafeterias, vending, gift shops, convenience stores and pharmacies.

To assist sites, the HEEG team has compiled the following list of healthier packaged products. All products in this list meet the nutrient criteria for the Smart Pick healthier vending program. Where indicated, some products also meet the WRHA Nutrition Criteria for Prepackaged Foods, referred to as “WRHA Nutrition Criteria” (see the last page for the criteria).

Smart Pick Vending Program

The HEEG team has been working with Quality Vending, WRHA’s regional vending supplier, to implement the Smart Pick program. This program was developed by a registered dietitian, contracted by the Canadian Automatic Merchandising Association, to create easy-to-use nutrient criteria for healthier vending products that can be implemented by vending companies across Canada. Smart Pick compliant products meet the following nutrient criteria *per package*:

- 250 calories or less
- 10 g of fat or less (nuts and seeds are exempt)
- 0 g trans fat
- 15 g of sugar or less (fruit without added sugar exempt)
- 250 mg of sodium or less



Quality Vending has agreed to stock vending machines at WRHA sites with a minimum of 20% Smart Pick compliant products, working towards increasing this percentage to 50% as sales, customer demand and product availability increase. Smart Pick compliant products are labelled with the Smart Pick logo.

- **If you see less than 20% of the products in the vending machines at your site filled with Smart Pick compliant products, ask Quality Vending to increase this percentage to at least 20%.**
- If your site uses another vending supplier, ask them to implement the Smart Pick program at your site and fill at least 20% of the vending machine slots with Smart Pick compliant products.
- **If you find products that are labelled incorrectly, notify the HEEG team (HEEG@wrha.mb.ca) and your site’s vending supplier so they can correct it.** Errors undermine consumer confidence in the Smart Pick program, so it is important that products are labelled correctly. Examples of incorrect labelling:
 - non-Smart Pick compliant products labelled with the Smart Pick logo
 - Smart Pick compliant products that are not labelled with the logo

The Smart Pick nutrient criteria are different from the WRHA Nutrition Criteria. The HEEG team has asked Quality Vending to stock vending machines at WRHA sites with the following specific products that meet both Smart Pick and WRHA Nutrition Criteria:

1. Martin’s Apple Chips
2. Harvest Snaps Snapea Crisps
3. Baked chips (one flavour that meets WRHA Nutrition Criteria)
4. KIND bar (one flavour that meets WRHA Nutrition Criteria)
5. Granola bar (one flavour that meets WRHA Nutrition Criteria)

If there are Smart Pick designated slots remaining in the machine after these products are stocked, Quality will fill them with Smart Pick compliant products of their choice.

Cafeterias, Gift Shops, Convenience Stores and Pharmacies

Cafeterias, gift shops, convenience stores and pharmacies should be working towards offering a greater proportion of single serving packaged products that meet the WRHA Nutrition Criteria for Prepackaged Foods. The list below can be used by these retail and commercial food outlets to easily identify products that meet the WRHA Nutrition Criteria.

About This List

- This list is meant to be a starting point and is not comprehensive. There may be more products available on the market that meet Smart Pick and/or WRHA Nutrition Criteria. Use the Smart Pick nutrient criteria and the WRHA Nutrition Criteria to determine whether a product not on this list meets those criteria.
- **Package size is important.** The products in the list meet the Smart Pick/WRHA Nutrition Criteria in those specific package sizes. Larger packages may not meet the criteria as they will contain higher amounts of fat, sugar and sodium.
- This list will be updated periodically as more products meeting the nutrition criteria are available.

If you have any questions or comments, please contact the HEEG team at HEEG@wrha.mb.ca.

Products Meeting Smart Pick Nutrient Criteria

Product Name	Package Size	Available from Quality Vending	Meets WRHA Nutrition Criteria
Chips			
Covered Bridge Chips Sea Salt & Cracked Pepper	36 g	X	
Covered Bridge Sweet Potato & Sea Salt Chips	36 g	X	
Covered Bridge Chips Smokin’ Sweet BBQ	36 g	X	
Covered Bridge Chips Ketchup	36 g	X	
Covered Bridge Chips Sour Cream & Onion	36 g	X	

Product Name	Package Size	Available from Quality Vending	Meets WRHA Nutrition Criteria
Dorito's Baked Chips Nacho Cheese	32 g	X	
Lay's Baked Chips Original	32 g	X	X
Lay's Baked Chips BBQ	32 g	X	
Lay's Baked Chips Ketchup	32 g	X	X
Lay's Baked Chips Sour Cream & Onion	32 g	X	X
Martin's Apple Chips	22 g	X	X
Old Dutch Baked Chips Creamy Dill	32 g	X	X
Old Dutch Baked Chips Ketchup	32 g	X	X
Old Dutch Baked Chips Salt & Vinegar	32 g	X	
Old Dutch Popcorn Twists	20 g	X	
Popcorners Sea Salt	28 g		X
Popcorners White Cheddar	28 g		X
Sun Chips French Onion	40 g	X	
Sun Chips Garden Salsa	40 g	X	
Veggie Straws Sea Salt	28 g		
Bars			
Fibre1 Chewy Granola Bar Oats & Chocolate	35 g	X	
KIND Bar Almond & Coconut	40 g		
KIND Bar Almond Caramel & Sea Salt	40 g	X	X
KIND Bar Almond Mint & Dark Chocolate	40 g		X
KIND Bar Almond Mocha & Dark Chocolate	40 g		X
KIND Bar Almond Sea Salt and Dark Chocolate	40 g	X	X
KIND Bar Blueberry & Vanilla	40 g		X
KIND Bar Fruit & Nut	40 g		X
KIND Bar Honey Roasted Nut & Sea Salt	40 g		X
KIND Bar Maple Glazed Pecan & Sea Salt	40 g		X
KIND Healthy Grains Bar Dark Chocolate Chunk	35 g		X
KIND Healthy Grains Bar Maple Pumpkin Seeds with Sea Salt	35 g		X
KIND Healthy Grains Bar Dark Chocolate Peanut Butter	35 g		X
KIND Healthy Grains Bar Oats & Honey with Toasted Coconut	35 g		X
KIND Minis Peanut Butter & Dark Chocolate	20 g		X
KIND Minis Almond Caramel & Sea Salt	20 g		X

Product Name	Package Size	Available from Quality Vending	Meets WRHA Nutrition Criteria
KIND Minis Almond Sea Salt & Dark Chocolate	20 g		X
Luna Bar Lemon Zest	48 g	X	
Nature Valley Sweet & Salty Almond	35 g	X	X
Nature Valley Sweet & Salty Peanut	35 g	X	X
Nature Valley Trail Mix Bar Cranberry Pomegranate	32 g	X	X
Nature Valley Trail Mix Bar Dark Chocolate, Peanut & Almond	32 g	X	
Quaker Chewy Dipps Granola Bar Caramel Nut	31 g	X	
Quaker Chewy Dipps Granola Bar Chocolate Chip	31 g	X	
Quaker Chewy Granola Bar Chocolate Chip	26 g	X	
Quaker Chewy Granola Bar Peach Fruit Crumble	26 g		X
Quaker Chewy Yogourt Granola Bar Blueberry	35 g	X	
Quaker Chewy Yogourt Granola Bar Strawberry	35 g	X	
Quaker Chewy Yogourt Granola Bar Vanilla	35 g	X	
Nuts			
Blue Diamond Roasted Salted Almonds	23 g		X
Munchies Nuts Honey Sweet Trail Mix	35 g	X	
Vitali-t BBQ Lounge Mix	30 g		X
Vitali-t Lightly Salted Pistachios	35 g	X	X
Vitali-t Yogo Trail Mix	50 g	X	
Vitali-t 5 Almonds Mix	40 g	X	
Legume (Chickpeas, Lentils, Beans & Peas) Snacks			
Crunchy Little Lentils	50 g		X
Crunchy Little Lentils	50 g		X
Harvest Snaps Snapea Crisps Lightly Salted	21 g	X	X
Three Farmers Roast Chickpeas Lightly Salted	25 g		X
Three Farmers Roast Chickpeas Barbecue	25 g		X
Crackers			
Breton Veggie Bites	22 g		X
Goldfish Crackers Cheddar	43 g	X	

Product Name	Package Size	Available from Quality Vending	Meets WRHA Nutrition Criteria
Fruit Bars			
FruitSource Blueberry Pomegranate	37 g	X	
FruitSource Strawberry	37 g	X	
FruitSource Wildberry Carrot	37 g	X	
Fruit to Go Berry Mania	14 g	X	
Fruit to Go Strawberry	14 g	X	
Fruit to Go Strawberry Watermelon	14 g	X	
Fruit to Go Wildberry	14 g	X	
Pressed by KIND Apple Strawberry Chia	35 g		X
Pressed by KIND Mango Apple Chia	35 g		X
Pressed by KIND Pineapple Banana Kale Spinach	35 g		X

Nutrition Criteria for Prepackaged Foods

If choosing processed, packaged products and convenience items, compare the Nutrition Facts Table and Ingredients List on similar products and choose the best one based on the criteria listed below. Confectionary (i.e. candy, chocolate bars, gummies, gelatin desserts, licorice) are not considered to meet the nutrition criteria.

Frozen vegetables and fruit, pasta sauce, canned vegetables and fruit, dried fruit, leathers or bars, fruit cups

Per portion size offered:

- Sugar: not the first ingredient listed. “Sugars” include fruit puree and fruit juice.
- Fat: 5 g or less
- Trans fat: 5% of total fat content or less
- Sodium: 200 mg or less

Breakfast cereal, crackers, processed cheese and cracker packets, snack bars (e.g. cereal, fruit & nut, granola), cookies, muffins, rice cakes, tortilla chips or popcorn

Per portion size offered:

- First ingredient is a whole grain; for bars, the first ingredient may be a whole grain, fruit, soy or nuts.
- Fat: 7 g or less; may be higher when nuts are an ingredient
- Trans fat: 5% of total fat content or less
- Sodium: 350 mg or less
- Sugar: 10 g or less for breakfast cereal and snack bars, 15 g or less for cookies and muffins

Flavoured milk and plant beverages, packaged cheese portions, flavoured yogurt, pudding, cottage cheese or yogurt drinks

Per portion size offered (per 250 mL for flavoured milk and plant beverages):

- Sugar: 21 g or less* (ideally 12 g or less)
- Fat: 10 g or less
- Trans fat: 5% of total fat content or less
- Sodium: 250 mg or less
- Calcium: 10% Daily Value or more

*For flavoured milk, 28 g sugar is acceptable

Hummus, jerky, pepperoni sticks, hot dogs, packaged seeds and nut snacks

Per portion size offered:

- Sodium: 350 mg or less
- Fat: 15 g or less
- Trans fat: 5% of fat content or less
- Sugar: 4 g or less; nut, seed and legume spreads 2 g or less

“Restaurant food” where nutrition information is available or packaged, canned or frozen products such as soup, noodles, frozen or read-to-bake pizza products, sandwiches, meal entrees, soup, lunch and snack packs, and rice or pasta dishes

Per portion size offered:

- Sodium: 700 mg or less - If the first ingredient is a grain, a whole grain is preferred
- Fat: 17 g or less, 4 g or less for soup
- Saturated fat: 5 g or less
- Trans fat: 5% of total fat content or less
- Protein: 10 g or more, not required for soup
- Sugar: 24 g or less
- At least one of vitamin A, vitamin C, calcium or iron – 15% Daily Value or greater