

## AP 113-2 Categories and Guidelines for School Food and Beverages

All schools must have “Green” choices available whether that is through vending machines, canteens or class parties.		
Green	Amber	Red
Beverage Category  ‘choose most often’	Beverage Category  ‘choose sometimes’	Beverage Category  ‘choose rarely’
<p><b>Unsweetened Juices &amp; Beverages</b></p> <ul style="list-style-type: none"> <li>• White Milk</li> <li>• Water</li> <li>• Carbonated Unsweetened Mineral Water</li> <li>• Unsweetened Beverages</li> <li>• Non-caffeinated, Herbal &amp; Fruit, Hot &amp; Cold Teas</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Items (including whole grain breads and fresh vegetables) tend to be the highest in nutrients, the lowest in unhealthy components, and the least processed.</li> </ul>	<p><b>Light to Moderately Sweetened and/or Caffeinated Beverages</b></p> <ul style="list-style-type: none"> <li>• Single-flavoured Milk (Chocolate, Vanilla, Strawberry, Banana)</li> <li>• Lightly Sweetened Fruit Juices and Juice Blends</li> <li>• Herbal, Fruit &amp; Regular Teas (with limited caffeine content)</li> <li>• Unsweetened Juices</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Items (such as flavoured yogurts) tend to be nutritious but moderately salted, sweetened, or processed.</li> </ul>	<p><b>Highly Sweetened, artificially sweetened and/or Caffeinated Beverages</b></p> <ul style="list-style-type: none"> <li>• Soft Drinks</li> <li>• Coffee</li> <li>• Powdered Drink Mixes (e.g. hot chocolate, Tang, etc.)</li> <li>• Syrup-based Frozen &amp; Regular Drinks (i.e. Slushies, Frappachinos)</li> </ul> <p><b>Food</b></p> <ul style="list-style-type: none"> <li>• Items (such as french fries) tend to be low in key nutrients such as iron and calcium or may be highly salted, sweetened, or processed.</li> </ul>

**\* Note: Any artificially sweetened beverages will automatically be classified under the “Red” Category**

### Not Recommended

These items (including candies and drinks where sugar is the first ingredient, power/high energy, or the second ingredient after water) tend to be highly processed, or have very high amounts of sweeteners, salt, fat, trans fat, or calories relative to their nutritional value.