**Appendix H**

**Granola Bars – Which One is Cool for School?**

Learning Goal: apply your understanding of the Ontario Ministry of Education School Food and Beverage Policy to determine if a product is a “sell most”, “sell less”, or “not permitted for sale” food choice.

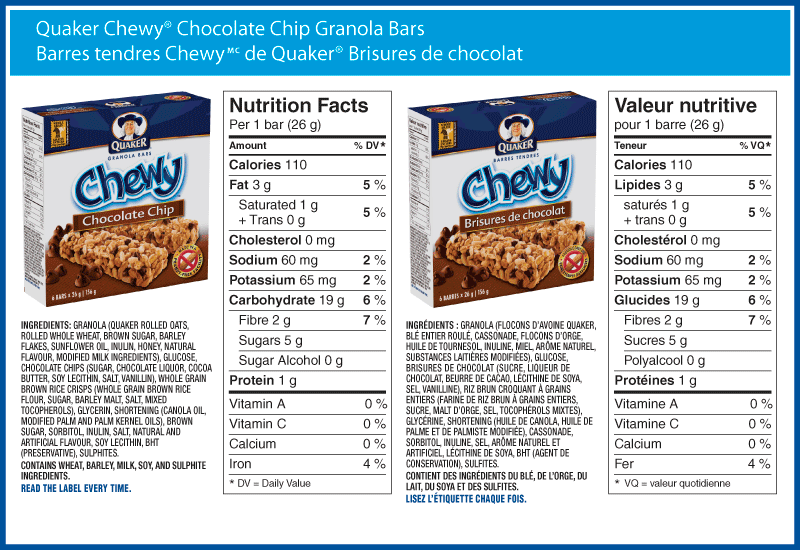
**Nature Valley Sweet and Salty Nut Granola Bar**

**This product would be categorized as “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” because…**



**Quaker Chewy Granola Bar**

**This product would be categorized as “\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_” because…**



**GROUP – Grain Products**

|  |  |  |  |
| --- | --- | --- | --- |
| Sub-group | Sell Most (>80%) | Sell Less (<20%) | Not Permitted for Sale |
| Nutrition Criteria | Nutrition Criteria | Nutrition Criteria |
| Baked Goods | Fat: < 5 g  and Saturated fat: < 2 g  and Fibre: >2 g | Fat: < 10 g  and Saturated fat: < 2 g  and Sodium: > 2 g | Fat: > 10 g  or Saturated fat: > 2 g  or Sodium: < 2 g |