



BC Centre for Disease Control
An agency of the Provincial Health Services Authority

GROCERY STORE TOUR
Facilitator Manual for In-Class Tour
Food Skills for Families

2022

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Food Skills for Families Grocery Store Tour

Facilitator Manual for In-Class Tour

An 'in-class' grocery store tour is a good option if your group is unable to visit a store in person. You can achieve the same outcomes and learning objectives of Session Five in an in-class setting as you would in a physical store.

SELECTING A TOUR FORMAT

Decide early on if an in-class tour is the best option for your group.

You will need to keep various bits of food packaging from sessions 1-4 in addition to making some additional purchases as examples for your session.

Step 1: Decide if an 'in-class' tour is the best choice for your group.

Reasons for not conducting the tour at a grocery store may include:

- Store location (too far away/poor transportation options)
- Participant mobility issues
- Childcare
- Pandemic/physical distancing
- Provincial restrictions (i.e. due to COVID-19)

Leading the tour from the comfort of the classroom can be very accessible to you and your group. However, keep in mind that because there is less movement and visuals in the classroom than at a grocery store, the in-class tour will require you to be a little more creative in order to engage your participants. Rather than having them passively sit and listen, we suggest you:

- Bring in props (empty bread bags, milk cartons, yogurt tubs)
- Have participants bring in some labels of their favourite foods
- If you don't have any empty food packages you can print them off the internet
- Ensure that you have examples ready (i.e. show a photo of your recent grocery trip with the different unit prices from the yogurt section)
- **Appendix A** provides examples that can be used

Step 2: Inform the Food Skills team

If you choose to conduct an 'in-class' grocery store tour contact the Food Skills team ahead of time as expenses for the additional items will need to be pre-approved.

Step 3: Decide on your 'in-class' tour format.

Follow the guide below to lead the tour. If you have hi-speed internet and a projector you can consider supplementing portions of the sections with healthy eating video tips from HealthLink BC (see each section for accompanying video).

EQUIPMENT LIST

The following items will be required to conduct an 'in-class' grocery store tour. The Facilitator will gather items from previous sessions, print examples and purchase a few select items. Required items are listed below.

FROM PREVIOUS SESSIONS

Save packaging from sessions to use during the tour.

- Cereals: Corn flakes, oats
- Dried red lentils
- Cheese
- Yogurt

PRINT (Appendix A)

Labels for the following items are in Appendix A.

- Muffin Labels
- Cereal
- Frozen Fish Fillets
- Cheese
- Yogurt containers
- Tofu
- Veggie Ground Round
- Nuts (Almonds and Cashews)

TO PURCHASE

Notify the Food Skills team that you will be conducting an 'in-class' grocery store tour to ensure approval for the purchase of extra grocery items.

- 12 x Different, individual pieces of fruits or vegetables with produce stickers. Ensure there is a mix of items from BC and from outside of BC.
- 2 x Cans of beans
 - 1 x black beans
 - 1 x chick peas
- 3 x Loaves of sliced bread
 - 1 x sliced loaf- High-fibre, whole grain
 - 1 x sliced loaf- whole wheat
 - 1 x sliced loaf - Low fibre, white
- 2 x Milks
 - 1 x carton Milk (1%)
 - 1 x carton Soy Beverage (unsweetened + fortified)

TOUR SUMMARY

Department	Video	Equipment	Nutrition Label <i>Found in Appendix A</i>
Intro + Planning	Y		
Planning			
Store Layout			
Food Labels		Variety of items w/food labels	
Produce Department	Y		
Fresh Produce		Produce w/stickers	
Bakery Department	Y		
Breads		Sliced bread	
Bakery			Blueberry Muffin (Save-on Foods) Wild Blueberry Muffin (Tim Horton) Raisin Bran Muffin (Superstore) Carrot Muffin (Superstore)
Inside Aisles			
Cereals + Food Marketing			Shreddies Cinnamon Toast Crunch Fruit Loops Alpen Muesli
Bulk			Blanched Sliced Almonds Whole/Raw Cashews
Protein Departments	Y		
Meat + Poultry			Lean Ground Beef Rib Eye Steak Chicken Breasts (skinless)
Fish			Tilapia Fillets (Catch of the Day) Pan-Sear Wild Caught Haddock Beer Battered Fillets
Soy Products			Veggie Ground Round Tofu
Beans + Legumes		Cans of beans	
Dairy Department	Y		
Milk + Soy Beverages		Milk, soy beverage	
Cheese		Cheese packaging from previous sessions	Pizza Mozzarella Marble Cheddar Cheese Medium Cheddar Cheese, Light Extra Old Cheddar
Yogurt		Yogurt containers from previous sessions	Yogurt, Vanilla Flavoured Greek Yogurt, 0% M.F. Yogurt, Black Cherry, 9% M.F. Yogurt, Strawberry, 3.25% M.F.
Fats	Y		
Butter + Margarine			
At Home	Y		
Food Safety			

VIDEO ACCOMPANIMENT

HealthLink BC provides [Food and Nutrition](#) resources that include Shopping Sense videos. These videos provide tips when shopping in each grocery department and can be used in accompaniment when delivering the In-Class Grocery Tour.

Equipment:

If you have a reliable high-speed internet connection and the ability to project video onto a TV, screen, or wall, you can consider supplementing your session with these videos.

Content Note:

The messaging in the videos is outdated, as they were created in 2012. Outdated content includes discussion around number of servings and portion sizes, the site also refers to meat and dairy separately as individual food groups as opposed to how they are now referred to which is “protein foods”.

To successfully incorporate the virtual store grocery tour into your session, we suggest you prepare by doing the following:

- Review each video prior to your session. Each video is approximately 1.5 – 2.5 min long. They are short and give some basic information, but you will need to add on to it with what you have discussed in class.
- Become familiar with what the dietitian in the video is discussing and make notes for yourself so that you can supplement and clarify the information for your group.
 - For example, in the produce section, the dietitian talks about getting kids involved when shopping for vegetables and fruits and encourages buying items in season but also mentions serving sizes. After the video, you could have a short discussion on how participants can get their families involved with grocery shopping, and remind participants that the current food guide uses proportions instead of portion sizes.

Session Format:

The TOUR GUIDE in the following pages lists the departments and lists the accompanying video. Please note that not all sections have a video.

'IN-CLASS' GROCERY STORE TOUR GUIDE

Introduction + Planning

[Introduction + Planning Video](#) (1 min 50 seconds)

Planning

Equipment	None
Talking Points	<ul style="list-style-type: none">• This is where they will put their meal planning skills to use• Budget savvy shoppers will also want to think about what is in season, or to check store flyers when planning meals• Once meals are decided it's time to make a grocery list

Store Layout

Equipment	None
Talking Points	<p>Tell Participants</p> <ul style="list-style-type: none">• Most grocery stores have fresh produce in one area around the perimeter of the store.• Inner aisles contain cereals, snack foods, frozen foods, flours, canned items, etc.• Advise participants that they can use this design to their advantage when planning their grocery trips. <p>Emphasize That</p> <ul style="list-style-type: none">• Grocery shopping is an opportunity to fill a cart or basket with healthy choices. Choose fruits, vegetables, whole grain and protein foods. Choose protein foods that come from plants more often.• Largest portion of the cart should be filled with fruits, vegetables and whole grains.• Grocery shopping is a chance to find new healthy foods.• Carts or baskets should be colourful.

Food Labels

Equipment	Variety of Products with Nutrition Labels
Talking Points	<ul style="list-style-type: none">• All manufacturers are required to put certain information about their products on the food label. This gives consumers a snapshot of the food's nutritional value and helps them compare similar products to make informed food choices.• Point out two key parts of the nutrition label:<ul style="list-style-type: none">○ Ingredient list○ Nutrition facts• Ensure that participants are aware of the following information:<ul style="list-style-type: none">○ The Ingredient List must be on all packaged products and must list ingredients in the "most" to the "least" in order, by weight.○ The Nutrition Facts (Nutrition Information) panel is useful for product comparison based on same serving size.• Refer back to Session Four content on reading labels. Additional information is in the appendix of the handbook.

Produce Department

[Produce Video](#) (1 minute 43 seconds)

Note: Servings are discussed in the video. The current Canada's food guide has removed recommended servings and replaced it with messaging more focused on variety of foods each day and overall eating patterns.

Fresh Produce

Equipment	12 Individual Pieces of Fruits or Vegetables with produce stickers. Ensure there is a mix of items from BC and from outside of BC.
Talking Points	<ul style="list-style-type: none">• This is usually the most colourful section of the store.<ul style="list-style-type: none">○ Remind participants about the importance of eating a variety of fruits and vegetables (canned, dried, frozen or fresh) and to enjoy a green and orange vegetable every day.○ Tell them that all plant foods contain fibre which is essential to maintaining good health. <p><i>Group Participation: Hand out some produce and ask the following...</i></p> <ul style="list-style-type: none">• Where is your item from?<ul style="list-style-type: none">○ Items from BC tend to be more seasonal.○ Why would you want to choose items from BC?• Items participants haven't tried<ul style="list-style-type: none">○ Is there anything new to you?○ What does it taste like?○ How do you prepare it?

Bakery Department

[Bakery Video](#) (1 minute 56 seconds)

Note: Serving size is mentioned

Bread

Equipment	3 different types of sliced bread <ul style="list-style-type: none">• 1 x sliced loaf- High-fibre, whole grain• 1 x sliced loaf- whole wheat• 1 x sliced loaf - Low fibre, white
Talking Points	<p><i>Group Participation: Hand out the three loaves of bread and ask people to follow along...</i></p> <p>Compare Grams of Fibre</p> <ul style="list-style-type: none">• Aim for at least 2g fibre per slice• Who has a high fibre bread with at least 4g per slice?• Who has a low fibre bread with 0-1 g per slice?• Any surprises? <p>Look at the ingredients list</p> <ul style="list-style-type: none">• This will show us what type of flour was used• Choose foods that have the word “whole grain” followed by the name of the grain as one of the first ingredients like:<ul style="list-style-type: none">○ Whole grain oats○ Whole grain wheat• Whole wheat foods are not whole grain, but can still be a healthy choice as they contain fibre.

Bakery

Equipment	Muffin Labels <ul style="list-style-type: none">• Muffin labels (Appendix A)• If recipes in program’s handbook lists nutritional values, compare the muffins cooked in class
Talking Points	<ul style="list-style-type: none">• Breads are generally low in saturated fat. Other products in the bakery section may contain a large amount of saturated fat.• Things like muffins, pastries and donuts usually contain higher amounts of saturated fats. <p><i>Group Participation: Hand out the printed muffin labels; these will be compared with the muffins made in class.</i></p> <p>Compare Saturated Fats</p> <ul style="list-style-type: none">• 5 g of fat is about 1 teaspoon. Calculate how many teaspoons of fat are in one muffin.• Muffins may have up to 20g (4-5 teaspoons) of fat each, especially if they are large.• Our Banana Oat Muffins have 7g total fat (1g saturated) plus 5g of fibre.

Inside Aisles

Cereals + Food Marketing

Equipment	<ul style="list-style-type: none">• Cereals used during sessions<ul style="list-style-type: none">○ Corn flakes○ Oats• Printed cereal packaging and labels (Appendix A)
Talking Points	<p>Food Marketing</p> <p><i>Group Participation: Imagine the grocery store cereal aisle, what might you see?</i></p> <ul style="list-style-type: none">• Bright colour?• Cartoon characters?• Do you think there is a difference with the items placed towards the bottom/top of the shelves versus the items placed at eye level? <p><i>Group Participation: Take a box of cereal and look at the nutrition label...</i></p> <p>Fibre</p> <ul style="list-style-type: none">• Does anyone have a high fibre cereal? This would mean it has more than 4 g fibre per serving.• Does anyone have a cereal with less than 2g of fibre per serving?• High fibre choices might include: Fibre 1, All Bran, Bran Flakes, oatmeal, Red River.• Lower fibre choices: corn flakes, cheerios and most kid’s cereals. <p>Whole Grains</p> <ul style="list-style-type: none">• Look for cereals that say “whole grain”• Check the ingredients list to see where whole gain is listed. <p>Sugar</p> <ul style="list-style-type: none">• Cereals can be high in sugar.• Use the % DV as a guide to decide if the cereal has a little or a lot of sugars.• Remember 4 g sugar = 1tsp = 1 sugar cube• How many sugar cubes of sugar are in a serving of your cereal?

Bulk Items

Equipment	Printed pages for pre-packaged and bulk nuts (Appendix A) <ul style="list-style-type: none">• Used to compare prices.
Talking Points	<p><i>Not all stores have this department but it is still important to mention because buying in bulk can save money.</i></p> <p>Variety of Items</p> <ul style="list-style-type: none">• Point out the variety of items including all the whole grains. It is a great way to try one for the first time. Items might include:<ul style="list-style-type: none">○ Beans and legumes○ Barley, oat, rye flakes and other unfamiliar whole grains like amaranth and quinoa if available.○ Whole grain rice - brown basmati, brown rice, red, black rice etc.○ Flaxseed (ground)○ Nuts and seeds○ Spices and herbs <p>Packaging</p> <ul style="list-style-type: none">• Very little packaging = no advertising! <p>Cost Savings</p> <ul style="list-style-type: none">• The prices are generally lower than prepackaged foods.• This section allows you to take as much of what you need – especially good if you want to try something new or you just need a small amount for a recipe. <p>Activity: <i>Compare the prices of the two packages of nuts</i></p>

Protein Departments

[Meat + Alternatives Video](#) (2 minutes 31 seconds): Introduces meat, fish, beans and tofu

Meat + Poultry

Equipment	Nutrition Labels of meat and chicken (Appendix A) <ul style="list-style-type: none">• Chicken breasts• Rib eye steak• Lean ground beef
Talking Points	<ul style="list-style-type: none">• Aim for lean meat products and skinless poultry.• Trim off as much of the visible fat as possible<ul style="list-style-type: none">○ Discuss interior marbling vs. exterior fat that can be trimmed.• Reduce fat after cooking by draining fat from cooked ground meat• Discuss some lean and extra lean cuts of meat.<ul style="list-style-type: none">○ Pork loin○ Chicken breast○ Sirloin roast or steak○ Beef inside or outside round roast○ Lean ground chicken○ Wild game○ Extra lean ground beef

Fish

Equipment	Nutrition Labels for Frozen Fish Fillets (Appendix A) <ul style="list-style-type: none">• Battered + seasoned fish fillets• Seasoned fish fillets• Non battered fish fillets
Talking Points	<ul style="list-style-type: none">• Fatty fish is a good source of healthy fats, good choices are: trout, salmon, herring and mackerel. <p><i>Group Participation: Hand out printed sheets containing the battered fish nutrition information. Compare with the nutrition info from the fish recipe cooked in the program.</i></p> <ul style="list-style-type: none">• Look at the labels of some fish – one with a batter coating, one with just seasoning and one with nothing. Look for the grams of saturated fat.<ul style="list-style-type: none">○ The battered one will contain more saturated fat, possibly several grams more, than the plain fish.○ Use fish without batter more often.• If you want a battered fish, consider making one from scratch using the chicken strips recipe.

Soy Products

Equipment	Nutrition Labels for Frozen Fish Soy Products (Appendix A) <ul style="list-style-type: none"> • Firm Tofu • Veggie Ground Round
Talking Points	<ul style="list-style-type: none"> • This is usually (but not always) near the produce section. • Other products in this section might include “veggie ground round” and “veggie slices”. Warn that these items might still be high in sodium. You can season plain tofu to reduce sodium intake. • Dairy-free soy cheese alternatives are available for a lower saturated fat option. • There are different varieties of tofu; we use extra-firm in session recipe but silken version can be used in smoothies or desserts. • Has anyone tried any of these?

Beans + Lentils

Equipment	Three cans of beans <ul style="list-style-type: none"> • 1 x black beans • 1 x chick peas • 1 x bag of dried red lentils (use bag from session one)
Talking Points	<p>Canned</p> <ul style="list-style-type: none"> • Canned legumes do not need to be soaked so they are fast to use in recipes. • Canned beans and lentils need to be rinsed before using to remove sodium (salt) and natural sugars that contribute to intestinal gas (flatulence). <p>Dried</p> <ul style="list-style-type: none"> • Dried are even less expensive than canned (also available in bulk section). • Show dried forms including split peas and other type of lentils. <p><i>Activity: Hand out the cans of beans and read labels...</i></p> <p>Look for the Fibre Grams (g)</p> <ul style="list-style-type: none"> • Kidney, black, white, and pinto beans: 12-17 g of fiber per cup. • Split peas and lentils: 16 g per cup. • Lima beans, soybeans, and chickpeas: 10-12 g per cup. • Frozen green peas: 9 g per cup

Dairy Department

Dairy Video (2 minutes): Introduces milks, cheese and yogurts.

Milk + Fortified Soy Beverages

Equipment	1 x carton Milk (1%) 1 x carton Soy Beverage (unsweetened + fortified)
Talking Points	<p><i>Group Participation: Hand out milk cartons and ask participants to follow along. Make sure to include cow's milk and fortified soy beverage.</i></p> <p>Look at a Variety of Milk</p> <ul style="list-style-type: none">• How many grams of fat are in one cup of your milk?• Depending upon the type of milk used, the fat grams will range from 0 g to 8 g per cup.• Dairy and fortified unsweetened soy beverages are good sources of calcium and vitamin D.• Milk products are based on percentage of fat so it is easy to compare (% M.F. and % B.F. are the same).• Milk has natural sugars, watch for “added sugars” in flavoured milk <p>Look at the <u>Fortified</u> Soy Beverages</p> <ul style="list-style-type: none">• If using soy beverage, make sure it is fortified with calcium and vitamin D.• Fortified unsweetened soy beverages are used in the smoothie recipe in Session Four.

Cheese

Equipment	<ul style="list-style-type: none">• Cheese packaging collected throughout the program• Additional examples in Appendix A
Talking Points	<p>% MF in Cheese</p> <p><i>Group Participation: Pass out cheese packaging and ask participants to follow along...</i></p> <ul style="list-style-type: none">• Find the % MF on the label• M.F. stands for milk fat and B.F. stands for butterfat. Both of these terms describe how much fat is in dairy products.• The higher the M.F.% the higher the number of grams of fat are in the item• Who has the highest % M.F.?• Who has the lowest % M.F.? <p>Compare Cheeses</p> <ul style="list-style-type: none">• Cheddar cheese is 33% M.F. and it has 10g of fat in 1 oz. (30g)• Light cheddar cheese is usually 20% M.F. with 6g of fat in 1 oz. (30g)• Regular mozzarella is usually 30% while partly skimmed is 15%• Considering that 1 oz. = a pair of dice, cheese is very high in fat content so choose “light” products that are less than 20% M.F. and use them sparingly.• Another good option is to choose “aged” cheese for more flavour.

Yogurt

Equipment	<ul style="list-style-type: none">• Yogurt containers collected throughout the program• Containers or labels printed from other yogurt brands (Appendix A)
Talking Points	<p>Discuss Yogurt Values</p> <ul style="list-style-type: none">• What is the best buy from a cost perspective?• You can compare different size containers using “unit prices”. If your store lists the “unit price” for your yogurt this should give you the price per 100g.• Smaller packages usually cost more, but can be more convenient at times. <p><i>Group Participation: Everyone take a tub of yogurt or a printed label.</i></p> <p>Sweetened Yogurts</p> <ul style="list-style-type: none">• Look at your yogurt’s ingredient list, has a sweetener been added?• Remember 4 g sugar = 1tsp = 1 sugar cube• How much sugar is in 100 g of your yogurt?

Fats

[Fats + Oils Video](#) (2 minutes 6 seconds)

Butter +Margarine

Equipment	None
Talking Points	<p>Margarines</p> <ul style="list-style-type: none">• Soft margarine is a healthier fat choice. (Heart Healthy)• Soft margarines are typically packaged in soft plastic tubs.• Light margarines have about half the fat content as regular margarine. If you look at the ingredient list, you might see that the first ingredient is water, often it is about 58% water. Because of the high water content, light margarine may not work well in some recipes, especially baking. <p>Butter</p> <ul style="list-style-type: none">• Butter is a hard fat but is ok to use in limited quantities.

At Home

[Food Safety Video](#) (2 minutes 11 seconds)

Food Safety

Equipment	None
Talking Points	<ul style="list-style-type: none">• Refer participants to their handbook and the pages in session one about ways to make food safe as well as the Food Safety appendix. Review content of these pages with participants.

APPENDIX A: NUTRITION LABELS

This appendix contains single page handouts of the following products along with their nutritional breakdown and ingredient list.

- Blueberry Muffin (Save-on Foods)
- Wild Blueberry Muffin (Tim Horton)
- Raisin Bran Muffin (Superstore)
- Carrot Muffin (Superstore)
- Shreddies
- Cinnamon Toast Crunch
- Fruit Loops
- Alpen Muesli
- Lean Ground Beef
- Rib Eye Steak
- Chicken Breasts (skinless)
- Tilapia Fillets (Catch of the Day)
- Pan-Sear Wild Caught Haddock
- Beer Battered Fillets
- Veggie Ground Round
- Tofu
- Pizza Mozzarella
- Marble Cheddar Cheese
- Medium Cheddar Cheese, Light
- Extra Old Cheddar
- Yogurt, Vanilla Flavoured
- Greek Yogurt, 0% M.F.
- Yogurt, Black Cherry, 9% M.F.
- Yogurt, Strawberry, 3.25% M.F.
- Blanched Sliced Almonds (110g); Pre-Packaged
- Blanched Sliced Almonds; Bulk
- Whole Cashews (150g); Pre-Packaged
- Raw Cashews; Bulk

Blueberry Muffin



nutrition facts

Serving Size 3.5 oz , 100 g

amount per serving

% daily value

Calories 330

Total Fat 17g 26%

Saturated Fat 3g 17.5%

Trans Fat 0.5g

Cholesterol 55mg

Sodium 310mg 13%

Total Carbohydrate 41g 14%

Dietary Fiber 1g 4%

Sugar 21g

Sugar Alcohol

Protein 4g

Vitamin A 2% Vitamin C 0%

Calcium 2% Iron 10%

ingredients

Bleached enriched flour (wheat flour, niacin, reduced iron, thiamine mononitrate, riboflavin, folic acid), sugar, soybean oil, whole eggs, water, blueberries, modified food starch (corn). contains 2% or less of each of the following: salt, emulsifier (propylene glycol esters, mono- and diglycerides, sodium stearoyl lactylate), nonfat dry milk, cellulose gum, sodium aluminium phosphate, sodium bicarbonate, natural and artificial flavors (milk), sodium caseinate (milk), xanthan gum, egg whites, soy flour.

Wild Blueberry Muffin



Serving Size	Calories	Fat	Saturated Fat	Trans Fat	Cholesterol	Sodium	
115 g	340	11g	2g	0.1g	30mg	430mg	
Carbs	Fibre	Sugar	Protein	Vitamin A	Vitamin C	Calcium	Iron
57g	2g	25g	5g	0% DV	0% DV	2% DV	15% DV

Tim Hortons.

Raisin Bran Muffin



Serving Size grams **(110 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 340 cal		Vitamin A	2 %
Total Fat 11 g	17 %	Vitamin C	0 %
Saturated Fat 2.0 g		Calcium	4 %
Trans. Fat 0.1 g		Iron	15 %
Cholesterol 35 mg			
Sodium 340 mg	14 %		
Total	55		18
Carbohydrate	g		%
Dietary Fiber 8 g	32 %		
Sugars 25 g			
Protein 6 g			
Potassium 0 mg	0 %		

Ingredients

WATER, BROWN SUGAR, WHOLE WHEAT FLOUR, WHEAT BRAN, RAISINS (COATED WITH PALM OIL), LIQUID WHOLE EGG, SOYBEAN AND/OR CANOLA OIL, LIQUID EGG-WHITE, BLACKSTRAP MOLASSES, BAKING SODA, BAKING POWDER, ARTIFICIAL FLAVOUR, XANTHAN GUM, SOY LECITHIN.



Carrot Muffin



Serving Size grams **(110 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 430 cal		Vitamin A	25 %
Total Fat 20 g	31 %	Vitamin C	0 %
Saturated Fat 3.5 g		Calcium	4 %
Trans. Fat 0.1 g		Iron	15 %
Cholesterol 55 mg			
Sodium 460 mg	19 %		
Total Carbohydrate	57 g		
	19 %		
Dietary Fiber 2 g	8 %		
Sugars 32 g			
Protein 6 g			
Potassium 0 mg	0 %		

Ingredients

ENRICHED WHEAT FLOUR, SUGAR, SOYBEAN AND/OR CANOLA OIL, CARROTS, LIQUID WHOLE EGG, WATER, BAKING POWDER, SPICES, DEXTROSE, MODIFIED MILK INGREDIENTS, SALT, SOY MONO- AND DIGLYCERIDES, DRIED EGG-WHITE (CONTAINS YEAST, CITRIC ACID), SODIUM STEAROYL-2-LACTYLATE, XANTHAN GUM, BAKING SODA, CITRIC ACID, SOY LECITHIN.





Serving Size grams **(55 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 200 cal		Vitamin A	0 %
Total Fat 1.0 g	2 %	Vitamin C	0 %
Saturated Fat 0.2 g		Calcium	2 %
Trans. Fat 0.0 g		Iron	50 %
Cholesterol 0 mg			
Sodium 200 mg	8 %		
Total Carbohydrate 45 g	15 %		
Dietary Fiber 6 g	24 %		
Sugars 9 g			
Protein 6 g			
Potassium 0 mg	0 %		

Ingredients

WHOLE GRAIN WHEAT, SUGAR, SALT, BARLEY MALT EXTRACT. VITAMINS AND MINERALS: THIAMINE MONONITRATE (B1), NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE (B6), CALCIUM PANTOTHENATE, FOLIC ACID, IRON. BHT IS ADDED TO PACKAGE MATERIAL TO HELP MAINTAIN PRODUCT FRESHNESS. (D 023 G) CONTAINS: WHEAT & BARLEY.

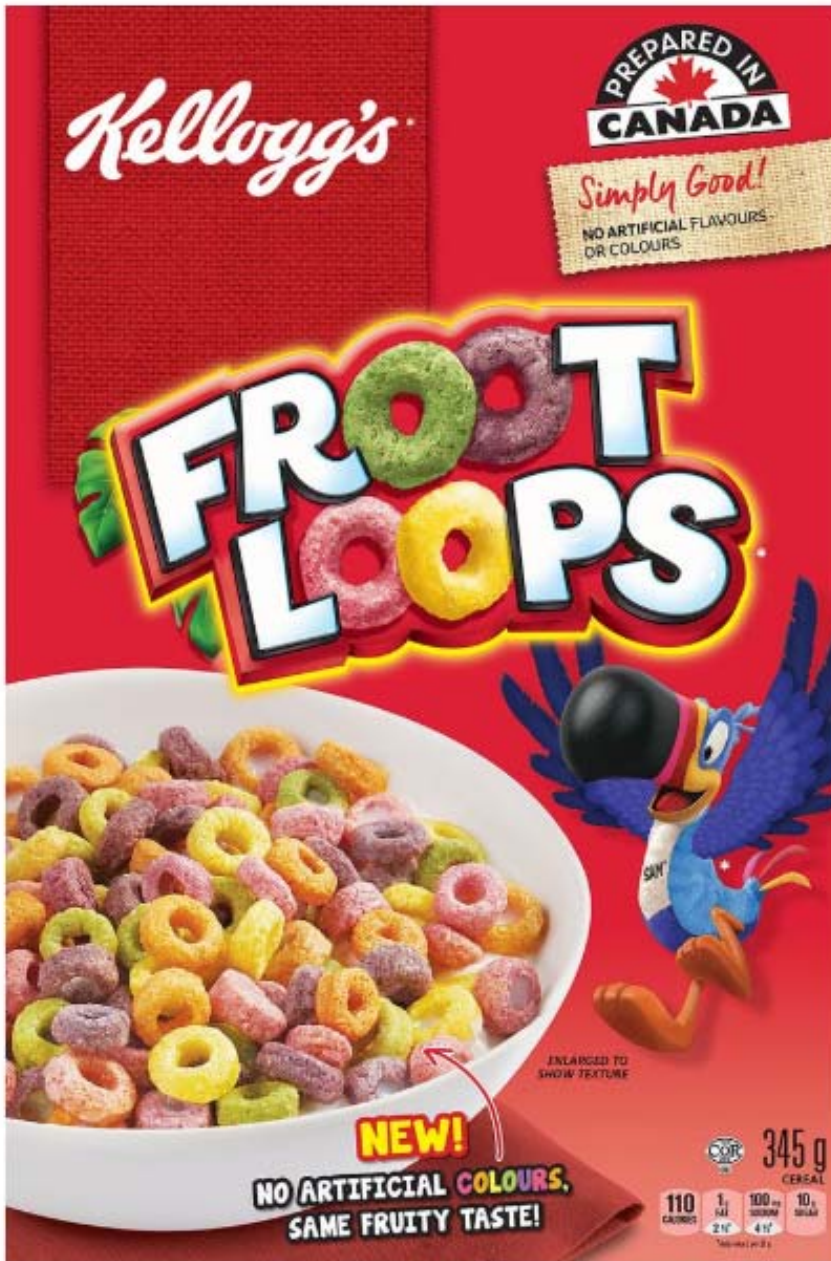


Serving Size grams **(31 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 130 cal		Vitamin A	0 %
Total Fat 3.0 g	5 %	Vitamin C	0 %
Saturated Fat 0.3 g		Calcium	10 %
Trans. Fat 0.0 g		Iron	30 %
Cholesterol 0 mg			
Sodium 180 mg	7 %		
Total Carbohydrate 25 g	8 %		
Dietary Fiber 2 g	7 %		
Sugars 9 g			
Protein 2 g			
Potassium 0 mg	0 %		

Ingredients

WHOLE GRAIN WHEAT, SUGAR AND/OR GOLDEN SUGAR, RICE FLOUR, HIGH MONOUNSATURATED CANOLA OIL, FRUCTOSE, MALTODEXTRIN, DEXTROSE, SALT, CINNAMON, CALCIUM CARBONATE, TRISODIUM PHOSPHATE, MONO AND DIGLYCERIDES, SOY LECITHIN, CARAMEL COLOUR, BHT, SODIUM BENZOATE
 VITAMINS & MINERALS: IRON, NIACINAMIDE (VITAMIN B3), CALCIUM PANTOTHENATE (VITAMIN B5), PYRIDOXINE HYDROCHLORIDE (VITAMIN B6), FOLATE. CONTAINS WHEAT AND SOY INGREDIENTS.



Serving Size grams **(27 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 110 cal		Vitamin A	0 %
Total Fat 1.0 g	2 %	Vitamin C	0 %
Saturated Fat 0.5 g		Calcium	0 %
Trans. Fat 0.0 g		Iron	25 %
Cholesterol 0 mg			
Sodium 100 mg	4 %		
Total Carbohydrate 24 g	8 %		
Dietary Fiber 2 g	8 %		
Sugars 10 g			

Protein 1 g

Potassium 40 mg 1 %

Ingredients

SUGAR, WHOLE GRAIN CORN FLOUR, WHEAT FLOUR, WHOLE GRAIN OAT FLOUR, CORN BRAN, MALTODEXTRIN, OAT HULL FIBRE, HYDROGENATED COCONUT AND VEGETABLE OIL, SALT, COLOUR (FRUIT AND VEGETABLE JUICE CONCENTRATE, ANTHOCYANIN, ANNATTO, TURMERIC), NATURAL FLAVOUR, VITAMINS AND MINERALS: IRON, NIACINAMIDE, ZINC OXIDE, THIAMINE HYDROCHLORIDE, D-CALCIUM PANTOTHENATE, CHOLECALCIFEROL (VITAMIN D3), PYRIDOXINE HYDROCHLORIDE, FOLIC ACID. CONTAINS WHEAT AND OAT INGREDIENTS.

Serving Size grams **(per 1/2 cup (45 g))**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 170 Cal		Vitamin A	0 %
Total Fat 2.5 g	4 %	Vitamin C	0 %
Saturated Fat 0.4 g		Calcium	4 %
Trans. Fat 0.0 g		Iron	10 %
Cholesterol 0 Mg			
Sodium 15 Mg	1 %		
Total Carbohydrate 32 g	11 %		
Dietary Fiber 5 g	20 %		
Soluble Fiber 2 g			
Insoluble Fiber 3 g			
Sugars 6 g			
Protein 6 g			
Potassium 190 Mg	5 %		

Ingredients

WHOLE GRAIN OATS, WHOLE GRAIN WHEAT, RAISINS (COATED WITH EXPPELLER PRESSED CANOLA OR SUNFLOWER OIL), SKIM MILK POWDER, ALMONDS, HAZELNUTS. CONTAINS: WHEAT, OATS, MILK, ALMONDS, HAZELNUTS.



Lean Ground Beef (454g)



Serving Size grams **(90 G)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 210 cal		Vitamin A	0 %
Total Fat 15 g	23 %	Vitamin C	0 %
Saturated Fat 6 g		Calcium	0 %
Trans. Fat 0.6 g		Iron	10 %
Polyunsaturated Fat 0.4 g			
Monounsaturated Fat 7 g			
Cholesterol 55 mg			
Sodium 55 mg	2 %		
Total Carbohydrate 0 g	0 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 17 g			
Potassium 240 mg	7 %		

Ingredients

LEAN GROUND BEEF.

Rib Eye Steak (380g)



Serving Size grams **(113 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 270 cal		Vitamin A	0 %
Total Fat 19 g	29 %	Vitamin C	0 %
Saturated Fat 8 g		Calcium	0 %
Trans. Fat 0.6 g		Iron	15 %
Polyunsaturated Fat 0.6 g	0.6 g		
Omega 3 60 mg			
Monounsaturated Fat 10 g	10 g		
Cholesterol 60 mg			
Sodium 60 mg	3 %		
Total Carbohydrate 0 g	0 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 23 g			

Ingredients

RIB EYE STEAK.

Chicken Breasts, Skinless, Boneless

1.06 kg / 1060 g



Serving Size grams (113 g)

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 130 cal		Vitamin A	0 %
Total Fat 2.0 g	3 %	Vitamin C	2 %
Saturated Fat 0.5 g		Calcium	0 %
Trans. Fat 0.0 g		Iron	4 %
Polyunsaturated Fat 0.4 g			
Omega 3 60 mg			
DHA 30 mg			
Monounsaturated Fat 0.4 g			
Cholesterol 65 mg			
Sodium 65 mg	3 %		
Total Carbohydrate 0 g	0 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 26 g			
Potassium 320 mg	9 %		

Ingredients

BONELESS SKINLESS CHICKEN BREAST.

Serving Size grams **(113 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 110 cal		Vitamin A	0 %
Total Fat 2.0 g	3 %	Vitamin C	0 %
Saturated Fat 1.0 g		Calcium	2 %
Trans. Fat 0.0 g		Iron	4 %
Polyunsaturated Fat 0.5 g			
Omega 3 230 mg			
EPA 10 mg			
DHA 120 mg			
Monounsaturated Fat 0.7 g			
Cholesterol 55 mg			
Sodium 60 mg	3 %		
Total Carbohydrate 0 g	0 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 23 g			
Potassium 340 mg	10 %		

Ingredients

TILAPIA FISH FILLETS.



Serving Size grams **(129 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 210 cal		Vitamin A	0 %
Total Fat 7 g	11 %	Vitamin C	0 %
Saturated Fat 0.5 g		Calcium	4 %
Trans. Fat 0.0 g		Iron	10 %
Polyunsaturated Fat 2.0 g	2.0 g		
Omega 3 500 mg			
Monounsaturated Fat 4.0 g	4.0 g		
Cholesterol 55 mg			
Sodium 310 mg	13 %		
Total Carbohydrate 16 g	5 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 20 g			
Potassium 0 mg	0 %		





Serving Size grams **(58 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 160 cal		Vitamin A	0 %
Total Fat 11 g	17 %	Vitamin C	0 %
Saturated Fat 1.0 g		Calcium	0 %
Trans. Fat 0.0 g		Iron	4 %
Polyunsaturated Fat 3.0 g			
Omega 3 800 mg			
Monounsaturated Fat 7 g			
Cholesterol 15 mg			
Sodium 270 mg	11 %		
Total Carbohydrate 10 g	3 %		
Dietary Fiber 0 g	0 %		
Sugars 2 g			
Protein 6 g			
Potassium 0 mg	0 %		

Ingredients

Ingredients: Pollock fish fillets, vegetable oil (canola, sunflower), water, toasted wheat crumbs, flour (wheat, corn), beer, modified corn starch, corn starch, salt, sugar, baking powder, soy protein, natural flavour (barley malt, beer), seasonings (herbs, yeast, citric acid), sodium phosphate (to retain moisture), modified milk ingredients, turmeric (colour).
 Contains: Pollock (fish), wheat, soy, barley, milk.

Veggie Ground Round



Ingredients

WATER, SOY PROTEIN PRODUCT, WHEAT PROTEIN PRODUCT, ONIONS, NATURAL FLAVOURS, CANOLA OIL, SALT, GUAR GUM, EVAPORATED CANE JUICE, MALT EXTRACT (BARLEY), CARAMEL (COLOUR), SPICES (CONTAINS MUSTARD), YEAST EXTRACT, VITAMINS AND MINERALS (THIAMINE HYDROCHLORIDE, RIBOFLAVIN, NIACINAMIDE, PYRIDOXINE HYDROCHLORIDE, CYANOCOBALAMIN, CALCIUM PANTOTHENATE, REDUCED IRON, ZINC OXIDE, WHEAT STARCH). Contains soy, wheat and mustard.

Nutrition Facts Valeur nutritive

Per 1/3 cup (55 g) / pour 1/3 tasse (55 g)

Amount Teneur	% Daily Value % valeur quotidienne
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Calories / Calories 60

Fat / Lipides 1 g 2 %

Saturated / saturés 0 g
+ Trans / trans 0 g **0 %**

Cholesterol / Cholestérol 0 mg

Sodium / Sodium 270 mg 11 %

Potassium / Potassium 310 mg 9 %

Carbohydrate / Glucides 4 g 1 %

Fibre / Fibres 2 g **8 %**

Sugars / Sucres 1 g

Protein / Protéines 9 g

Vitamin A / Vitamine A 0 %

Vitamin C / Vitamine C 0 %

Calcium / Calcium 4 %

Iron / Fer 15 %

Thiamine / Thiamine 15 %

Riboflavin / Riboflavine 6 %

Niacin / Niacine 15 %

Vitamin B₆ / Vitamine B₆ 10 %

Vitamin B₁₂ / Vitamine B₁₂ 35 %

Pantothenate / Pantothénate 6 %

Zinc / Zinc 20 %

Tofu (Extra Firm)



Per serving (85g) 1/4 of package

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 130 Cal		Vitamin A	0 %
Total Fat 8 g	11 %	Vitamin C	0 %
Saturated Fat 1.0 g		Calcium	6 %
Trans. Fat 0.0 g		Iron	10 %
Cholesterol 0 Mg			
Sodium 15 Mg	0 %		
Total Carbohydrate 3 g	1 %		
Dietary Fiber 0 g	0 %		
Sugars 1 g	1 g		
Protein 14 g			
Potassium 150 Mg	3 %		

Ingredients

Water, Soybeans (non-GMO), Magnesium chloride, Calcium sulphate. Contains: Soy.

Pizza Mozzarella



Serving Size grams **(30 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 90 cal		Vitamin A	4 %
Total Fat 5.0 g	8 %	Vitamin C	0 %
Saturated Fat 3.0 g		Calcium	20 %
Trans. Fat 0.2 g		Iron	0 %
Cholesterol 20 mg			
Sodium 230 mg	10 %		
Total Carbohydrate 1 g	1 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 9 g			
Potassium 0 mg	0 %		

Ingredients

PASTEURIZED PARTLY SKIMMED MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME.

Marble Cheddar Cheese



Serving Size grams **(30 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 120 cal		Vitamin A	10 %
Total Fat 10 g	15 %	Vitamin C	0 %
Saturated Fat 6 g		Calcium	15 %
Trans. Fat 0.3 g		Iron	0 %
Cholesterol 30 mg			
Sodium 220 mg	9 %		
Total Carbohydrate 1 g	1 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 7 g			
Potassium 0 mg	0 %		

Ingredients

PASTEURISED MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME, COLOUR.

Medium Cheddar Cheese, Light (19% M.F.)



Serving Size grams **(30 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 80 cal		Vitamin A	4 %
Total Fat 5.0 g	8 %	Vitamin C	0 %
Saturated Fat 3.5 g		Calcium	20 %
Trans. Fat 0.2 g		Iron	0 %
Cholesterol 20 mg			
Sodium 230 mg	10 %		
Total Carbohydrate 1 g	1 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 8 g			
Potassium 0 mg	0 %		

Ingredients

PARTLY SKIMMED MILK, MODIFIED MILK INGREDIENTS, BACTERIAL CULTURE, SALT, CALCIUM CHLORIDE, MICROBIAL ENZYME, COLOUR.



Serving Size grams **(30 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 120 cal		Vitamin A	8 %
Total Fat 10 g	15 %	Vitamin C	0 %
Saturated Fat 6 g		Calcium	20 %
Trans. Fat 0.3 g		Iron	2 %
Cholesterol 30 mg			
Sodium 190 mg	8 %		
Total Carbohydrate 0 g	0 %		
Dietary Fiber 0 g	0 %		
Sugars 0 g			
Protein 7 g			
Potassium 0 mg	0 %		

Ingredients

MILK, BACTERIAL CULTURE, SALT, MICROBIAL ENZYME.

Yogurt, Vanilla Flavoured



Serving Size grams (per 3/4 cup (175 g))

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 170 Cal		Vitamin A	4 %
Total Fat 5.0 g	8 %	Vitamin C	0 %
Saturated Fat 3.5 g		Calcium	20 %
Trans. Fat 0.2 g		Iron	0 %
Cholesterol 20 Mg			
Sodium 95 Mg	4 %		
Total Carbohydrate 23 g	8 %		
Dietary Fiber 0 g	0 %		
Sugars 16 g	16 g		
Protein 7 g			
Potassium 350 Mg	7 %		

Ingredients

SKIM MILK, SUGAR, CREAM, WATER, MODIFIED CORN STARCH, FRUCTOSE, SKIM MILK POWDER, MILK AND WHEY PROTEIN CONCENTRATE, GELATIN, NATURAL FLAVOUR, ACTIVE PROBIOTIC CULTURE (BIFIDOBACTERIUM LACTIS CNCM I-2494) AND ACTIVE BACTERIAL CULTURES, NATURAL COLOUR, VITAMIN D3, MALIC ACID. MADE WITH VITAMIN D FORTIFIED SKIM MILK.

Greek Yogurt, 0% M.F.



Serving Size grams **(175 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 100 cal		Vitamin A	0 %
Total Fat 0.0 g	0 %	Vitamin C	0 %
Saturated Fat 0.0 g		Calcium	20 %
Trans. Fat 0.0 g		Iron	0 %
Cholesterol 0 mg			
Sodium 65 mg	3 %		
Total Carbohydrate 6 g	1 %		
Dietary Fiber 0 g	0 %		
Sugars 6 g			
Protein 17 g			
Potassium 0 mg	0 %		

Ingredients

SKIM MILK, MILK PROTEIN, BACTERIAL CULTURES.

Yogurt, Black Cherry, 9% M.F.



Serving Size grams **(175 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 230 cal		Vitamin A	15 %
Total Fat 14 g	22 %	Vitamin C	2 %
Saturated Fat 8 g		Calcium	15 %
Trans. Fat 0.5 g		Iron	0 %
Cholesterol 50 mg			
Sodium 70 mg	3 %		
Total Carbohydrate 23 g	8 %		
Dietary Fiber 0 g	0 %		
Sugars 22 g			
Protein 5 g			
Potassium 0 mg	0 %		

Ingredients

WHOLE MILK, FRUIT PREPARATION (SUGAR, CHERRIES, WATER, RICE STARCH, NATURAL FLAVOUR, PECTIN, CITRIC ACID), CREAM, SUGAR, MILK PROTEIN, BACTERIAL CULTURES.

Yogurt, Strawberry, 3.25% M.F.



Serving Size grams **(60 g)**

Amount Per Serving	% DV	Amount Per Serving	% DV
Calories 50 cal		Vitamin A	2 %
Total Fat 2.0 g	3 %	Vitamin C	4 %
Saturated Fat 1.0 g		Calcium	6 %
Trans. Fat 0.0 g		Iron	0 %
Cholesterol 5 mg			
Sodium 30 mg	1 %		
Total Carbohydrate 5 g	1 %		
Dietary Fiber 0 g	0 %		
Sugars 4 g			
Protein 2 g			
Potassium 0 mg	0 %		

Ingredients

WHOLE MILK, ULTRAFILTERED SKIM MILK, FRUIT JUICE CONCENTRATE (APPLE, PEAR, LEMON), MODIFIED CORN STARCH, WATER, STRAWBERRY PUREE, ACTIVE BACTERIAL CULTURE (INCLUDING PROBIOTIC CULTURE BB12 REGISTERED TM B.LACTIS), PECTIN, NATURAL FLAVOUR AND COLOUR, VITAMIN D3.

Blanched Sliced Almonds (110g)

Pre-Packaged



Description

save on foods

1 Bag = 1 Cup. Recipe Ready. Non GMO.

Western Family - Blanched Sliced Almonds, 110 Gram

\$3.99

\$3.63/100g

Blanched Sliced Almonds

Bulk



saveon**foods**

**Trophy - Sliced Almonds -
Blanched, 100 Gram**

\$2.89/100g

\$2.89/100g

Whole Cashews (150g)

Pre-Packaged



Description

save on foods

1 Bag = 1 Cup. Recipe Ready. Non GMO.

**Western Family - Whole Cashews,
150 Gram**

\$5.49

\$3.66/100g

Raw Cashews

Bulk



Description



Whole, unsalted cashews.

**Raw - Cashews - Unsalted, 100
Gram**

\$3.19/100g