

Nov. 20, 2008

Costco Food List

CM = Choose Most
CS = Choose Sometimes

Note: This list includes many *but not all* of the foods that are acceptable according to the Red Deer Public Schools Nutrition Policy and Standards. If you have questions about a food not on this list, you can verify if it is an acceptable food through the following website: www.brandnamefoodlist.ca

Food Group	Brand Name	Product	Price (\$)	Portion Size	Rating	Comments
Grains	Dare	Cracker Variety Pack (Vinta & Breton)	7.69/928g	4 crackers	CS	
Grains	Christie	Arrowroot	9.49/1.4kg	5 crackers	CS	
Grains	Crunch Master	Multi-grain Crackers	7.29/567g	10 crackers	CS	
Grains	Kellogg's	All Bran Bars	7.99/20	1 bar	CS	
Grains	Orville Redenbacher	Smart Pop	11.99/32	80g	CS	
Grains	Pepperridge Farm	Goldfish	7.89/1.36kg	30g	CS	
Grains		Stoned Wheat Thins	7.99/1.8 kg	3 crackers	CS	
Grains	Quaker	Instant Oatmeal Packets	10.59/55	1 packet	CS	
Grains	Kashi	Granola bar	\$9.99/18	1 bar	CM	
Grains	Sensible Portions	Pita Bites	5.59/396g	28g (9 crackers)	CS	
Grains	Kettle Bakes	Lightly salted chips	4.39/340 g	40 g (32 chips)	CS	Must be portioned
Meat and Alternatives	Ocean's	Albacore Tuna Snackit	8.49/6	1 (93g)	CS	
Nuts and Seeds	Kirkland	Whole Almonds	10.39/1.36 kg	50g (1/3 c.)	CM	Must be portioned
Milk Beverages	Dairyland	Milk 2 Go (Chillin' Chocolate)	10.59/12	350ml	CS	For jr/sr. high
Milk Beverages	Yoplait	Yop	5.79/12	200ml	CS	

Nov. 20, 2008

Milk Foods	Activia	Yogurt	10.99/24	100g	CS	
Milk Foods	Babybel	Cheese Portions	10.67/22	27g	CM	
Milk Foods	Black Diamond	Cheestrings	12.59/40	1 string	CM	
Milk Foods	Kozy Shack	Pudding	5.79/12	113 g	CS	
Milk Foods	Danone	Activia yogurt	8.89/18	100g	CS	
Milk Foods	Dairyland	Vanilla Classic yogurt	6.99/16	125g	CS	
Milk Foods	Vergeer	Cheese Portions	10.89/25	20g	CM	
Milk Foods	Yoplait	Tubes	7.89/20	60g	CS	
Mixed Entrees	Pillsbury	Pizza Pops (Pepperoni & Bacon, deluxe)	12.59/28	1 pop	CS	
Mixed Entrees	Foster Farms	Chicken Corn Dogs	11.09/28	1 dog (113g)	CS	Higher in sodium – just meets criteria
Mixed Entrees	Heinz	Alpha-ghetti	7.79 for 9 (398ml)	¾ c (200 ml)	CS	Must be portioned
Mixed Entrees	Zinetti	Natural Roasted Vegetable Pizza	13.99 for 2	1/5 slice	CM	
Vegetables & Fruits	Del Monte	Fruit Salad	7.99/16	142ml	CS	
Vegetables & Fruits	Dole	Diced Peaches in Juice	8.99/16	1 pack	CM	
Vegetables & Fruits	Dole	Fruit Parfaits	8.59/16	123g	CS	Sugar is 3rd ingredient
Vegetables & Fruits	Dole	Mandarin Oranges in Light Syrup	8.59/16	1 pack	CS	
Vegetables & Fruits	Dole	Fruit Salad	8.99/16	107ml	CS	
Vegetables & Fruits	Mott's	Fruitsations unsweetened variety pack	7.89/24	1 pack	CM	
Vegetables & Fruits	Natural Choice	Full of Fruit Organic (Frozen bar)	11.79/24	1 bar	CM	
Vegetables & Fruits	Ocean Spray	Craisins	7.99/30	28.3g	CS	
Vegetables & Fruits	Philippine Brand	Mangos (dried fruit)	13.89/800g	42g (6 pces)	CS	Must be portioned into 6 pieces
Vegetables & Fruits	Sun-maid	Raisins	6.99/2kg	40 g (1/4 c)	CM	Must be portioned into ¼ cup
Vegetables & Fruits	Sun-Rype	Fruit Source	19.99/38	1 bar	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go	19.99/72	14 g	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go Fun Bites - Berry Blend	11.99/30	1 pouch	CS	

Nov. 20, 2008

Vegetables & Fruits	Sun-Rype	Squiggles	11.99/30	18g	CS	
Vegetables & Fruits	Vel	Fruit and Nut Bars	14.99/24	1 bar	CS	
Vegetable & Fruit Juices	Del Monte	Apple Raspberry	9.99/40	200ml	CS	
Vegetable & Fruit Juices	Del Monte	100% Juice Variety Pack	9.99/40	200ml	CS	
Vegetable & Fruit Juices	Minute-Maid	100% Juice	12.49/40	200ml	CS	
Vegetable & Fruit Juices	Ocean Spray	Juice	14.99/24	300ml	CS	High Schools Only
Vegetable & Fruit Juices	Phillipine	Mango Nectar	10.99/24	250ml	CS	
Vegetable & Fruit Juices	Sun-Rype	100% Juice	14.49/40	200ml	CS	
Vegetable & Fruit Juices	Sun-Rype	100% Juice Variety Pack	12.99/20	200ml	CS	