

Save On Foods

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	Portion Size	Rating	Comments
Grains	Western Classics	Cereal Bars Apple berry, Blueberry, Raspberry, Strawberry	1 bar	CS	
Grains	Catelli	Healthy Harvest Fusilli, Multigrain	42.5 g	CM	
Grains	General Mills	Cheerios Honey Nut, Multigrain, Cheerios plain	single serving, 20- 26 g	CM	
Grains	Christie	Arrowroot	5 crackers	CS	
Grains	Crunch Master	Multi-grain Crackers	10 crackers	CS	
Grains	Dare	Breton Crackers Garden Vegetable	4 crackers (20 g)	CS	
Grains	Dare	Cracker Variety Pack (Vinta & Breton)	4 crackers	CS	
Grains	Dare	Simple Pleasures Digestive, Almond, Lemon Social Tea	per 3-5 cookies (28-33 g)	CS	
Grains	Dempster's	100% Whole Wheat Bread - 2 slices	71 g	CM	
Grains	Dempster's	Bagels Everything	1 bagel (113 g)	CM	
Grains	Dempster's	Smart Bread - White made with Whole Grain	2 slices 81 g	CM	
Grains	Dempster's	Stays Fresh – Hot Dog Buns	47 – 53 g	CS	
Grains	Dempster's	Whole Grains Bread, 12 Grain Bread , Multigrain Whole Grain	1 slice (45 g)	CM	
Grains	Doritos	Baked! Tortilla Chips Nacho Cheese	50 g	CM	
Grains	English Bay	Schoolhouse Cookie Dough Batter (Apple Berry, Caramel, Chocolate Chip, Dark & White Chocolate Chunk, Cocoa Raisin, Oatmeal Raisin)	per 1 cookie (38 g or 43 g)	CS	
Grains	General Mills	Lucky Charms Frosted toasted oat cereal with marshmallow	single serving bowl package, 29 g	CS	
Grains	Goldfish	Goldfish Cheddar, Cheese Trio, Original	28 g or 30 g pkg	CS	
Grains	Kashi	Kashi cereal 7 whole grain Honey Puffed	32 g	CS	
Grains	Kellogg's	Nutrigrain Granola Munch'ems, bite-size granola	per 1 pouch (30 g)	CS	

September 2008

		snacks Brown Sugar Cinnamon, Honey Oat			
Grains	Kellogg's	Rice Krispies Squares	1 bar	CS	
Grains	Kellogg's	All Bran Bars (Chocolate Chip, Oatmeal Cinnamon, Honey Nut)	1 bar (30 g)	CS	
Grains	Kellogg's	Cereal All Bran Original, Two Scoops Raisin Bran	50 - 51 g	CM	
Grains	Kellogg's	Corn Flakes, Corn Pops, Fruit Loops Cereal , Frosted Flakes Original, Mini Wheats Original Frosted, Mini-Wheats Brown Sugar Frosted	19 - 59 g	CS	
Grains	Kellogg's	Fruit Loops Fun Pack to go	23 g	CS	
Grains	Kellogg's	Muslix (cereal)Harvest Fruit	2/3 c52 g	CM	
Grains	Kellogg's	Vector Meal Replacement Original	55 g	CM	
Grains	Kellogg's	Waffles Plus Wheat and Blueberry Waffles	2 waffles (70 g)	CM	
Grains	Nature's Path	Organic Chewy Granola Bar Apricot & Nut	40 g	CS	
Grains	Nature Valley	Crunchy Granola Bars (Maple Brown Sugar, Apple Crisp)	2 bars(42 g)	CS	
Grains	Olafson's	Bread 100% whole wheat double rise	43 g	CS	
Grains	Orville Redenbacher	Smart Pop & Smart Pop Mini Snacks	31g	CS	
Grains	Pepperidge Farm	Goldfish	30g	CS	
Grains	Quaker	Life Cereal Multigrain, Oat Bran	30 g	CM	
Grains	Quaker	Oat Squares Cereal	30 g	CM	
Grains	Quaker	Oatmeal to Go Oats & Honey, Wild berry	47 g	CM	
Grains	Quaker	Instant Oatmeal Packets (Apples & Cinnamon, Breakfast Blast, Cinnamon & Spice, Dino Eggs, Maple & Brown Sugar Flavor, Raisin Date & Walnut, Raisins & Spice, Strawberries & Cream	1 packet (35 g - 50 g)	CS	
Grains	Sensible Solutions	Stoned Wheat Thins	3 crackers	CS	
Grains	Silver Hills	Sprouted Grain Bread, 16 Grain or Squirrely Bread, Made Without Flour	1 slice (40 - 41 g)	CS	
Grains	Wonder/Wonder Plus	100% Whole Wheat Hot Dog Buns/Hot Dog Rolls	1 bun (52 g)	CM	
Nut/Seed	Western Family	Peanut Butter Smooth, or Crunchy	15 g	CM	
Nut/Seed	Adams	100% Natural Peanut Butter Creamy or Crunchy, salted	15 g	CM	

September 2008

		or unsalted			
Nut/Seed	Jif	Peanut Butter (per 2 Tbsp) Creamy or Crunchy	32 g or 30 g	CS	
Nut/Seed	Jif	25% Less Fat Peanut Butter (per 2 Tbsp) Creamy	36 g	CS	
Nut/Seed	Kashi	All-Natural Chewy Granola Bars Peanut Butter	35 g bar	CM	
Nut/Seed	Kellogg's	Kashi Chewy Granola Bars Seven Whole Grain	35 g bar	CM	
Nut/Seed	Kellogg's	Nutri-Grain Sweet & Salty Nut Bar Chocolatey Almond, Chocolatey Peanut, Peanut Butter	32 g	CS	
Nut/Seed	Kraft	Peanut Butter Smooth or Crunchy	15 g	CM	
Nut/Seed	Kraft	Unsweetened Unsalted Peanut Butter Smooth	15 g	CM	
Nut/Seed	Kraft	25% Less Fat Peanut Butter Smooth	15 g	CS	
Nut/Seed	Planters	Almonds Natural	50 g	CM	
Nut/Seed	Planters	Trail Mix Vanilla Nut & Cranberry	30 g	CM	
Nut/Seed	Skippy	Peanut Butter Crunchy	15 g	CM	
Meat/Alternative	Butterball	Turkey Franks	56 g	CM	
Meat/Alternative	Highliner	Healthy Bake Breaded Fish Fillets	2 fillets (100 g)	CM	
Meat/Alternative	Maple Leaf	Top Dogs 33% Less Fat Than...	56 g	CS	
Meat/Alternative	Schneiders	Hot Dog Oh Nature! Meatless	47 g	CS	
Mixed Entree	Schneiders	Lunch Mate Hot Dogs!	105 g	CS	
Meat/Alternative	Longview Meats	Beef Jerky, Teriyaki (per 1 package)	30 g	CS	
Meat/Alternative	Old Dutch	Beef Jerky	15 g	CS	
Meat/Alternative	YvesVeggie Cuisine	Tofu dogs, Veggie Ground Round (per 1/3 cup) Original	40 – 55 g	CM	
Meat/Alternative	YvesVeggie Cuisine	Veggie Meatballs	60 g	CM	
Meat/Alternative	YvesVeggie Cuisine	Good Veggie Burger	75 g	CS	
Meat/Alternative	YvesVeggie Cuisine	Veggie Breakfast Links	50 g	CS	
Meat/Alternative	YvesVeggie Cuisine	Veggie Pizza Pepperoni	48 g	CS	
Meat/Alternative	Western Family	Swedish Meatballs	(per 5)meatballs/70 g	CS	
Meat/Alternative	Western Family	Black Beans	164 g	CM	
Milk Beverages	Dairyland	Milk 2 Go (Chillin' Chocolate)	350ml	CS	

September 2008

Milk Beverages	Yoplait	Yop	200ml	CS	
Milk Food	Western Family	Stirred Yogurt, Rich & Creamy Coffee & Cream	115 g	CS	
Milk Food	Western Family	Stirred Yogurt, Rich & Creamy Raspberry Cranberry, French Vanilla, Apricot Mango	115 g	CS	
Milk Food	Astro	Original All Natural 4% Yogurt Peach	175 g	CS	
Milk Food	Astro	Original All Natural Fat Free Yogurt Strawberry, Peach, Raspberry, Blueberry	100 g	CS	
Milk Food	Astro	Smooth 'n Fruity Yogurt French Vanilla, Peach, Raspberry, Blueberry, Cherry, Peach Raspberry, Strawberry	100 g	CS	
Milk Food	Island Farms	2% yogurt blueberry, boysenberry, bumble berries, cherry, French vanilla, orange, raspberry, strawberry	125 or 175 mL	CS	
Milk Food	Island Farms	fat free yogurt french vanilla, peach, strawberry	125 or 175 mL	CS	
Milk Food	Island Farms	2% Vanilla Plus Yogurt Black Cherry, Blackberry, Blueberry, Field berry, Mango, Peach, Raspberry, Strawberry	125 or 175 mL	CS	
Milk Food	Activia	Yogurt	100g	CS	
Milk Food	Babybel	Cheese Portions	27g	CM	
Milk Food	Black Diamond	Cheestrings	1 sting	CM	
Milk Food	Dairyland	Fruit on the Bottom Yogurt Field berry, Peach, Raspberry, Strawberry	175 g	CS	
Milk Food	Dairyland	Li'l Ones Yogurt Banana, Blueberry, Peach, Pear	100g	CM	
Milk Food	Dairyland	Spoon 'n'Go Yogourt (with spoon) Blueberry, Cherry, Mango, Strawberry	125 mL	CS	
Milk Food	Dairyland	Vanilla Classic Lemon, Mango, Nectarine, Peach, Raspberry, Strawberry, Blackberry	125 g	CS	
Milk Food	Dairyland	Stirred Yogurt Blueberry, Fieldberry, Peach, Raspberry, Strawberry	125 g	CS	
Milk Food	Dairyland	Stirred Fat Free Yogurt Peach, Raspberry, Strawberry, Vanilla	125 g	CS	
Milk Food	Dairyland	Alive Yogurt, Blueberry Pomegranate, Very Berry	100 g	CS	
Milk Food	Dairyland	Cheese Heads	21g	CM	
Milk Food	Danone	Activia Yogurt Peach, Peach & Fibre, Pear, Prune, Strawberry	100 g	CS	

September 2008

Milk Food	Danone	Activia Fat Free Yogurt (Peach, Straw, Rasp, Prune, Vanilla)	100 g	CS	
Milk Food	Danone	Creamy Yogurt Raspberry, Strawberry	175 g	CS	
Milk Food	Danone	Naturalia Strawberry, Peach, Raspberry, French Vanilla	100 g	CS	
Milk Food	Danone	Silhouette Smoothie Field Berry Milk Beverage			
Milk Food	Olympic	5% yogurt Natural Yogurt, Balkan Style	125 mL	CM	
Milk Food	Olympic	Organic Original Yogurt Blueberry	175 g	CM	
Milk Food	Vergeer	Cheese Portions	20g	CM	
Milk Food	Yoplait	Tubes	60g	CS	
Mixed Entrée	Western Family	Sweet & Sour Pork	Per 13 pieces + 2Tbsp sauce = 100 g	CS	
Mixed Entrée	Chef Boyardee	Lasagna/ Beefaroni	212 g	CM	
Mixed Entrees	Pillsbury	Pizza Pops (Pepperoni & Bacon, deluxe)	1 pop	CS	
Mixed Entree	Pogo	Cooked Frankfurters in a ...	75 g	CS	
Mixed Entrée	Stouffer's	Lean Cuisine Thai Chicken with brown rice, vegetables	265 g frozen dinner	CM	
Mixed Entrée	Yves Veggie Cuisine	Veggie Lasagna Veggie Lasagna with Veggie Ground Round	300 g package	CM	
Mixed Entrée	Yves Veggie Cuisine	Veggie Penne with Veggie Ground Round	300 g package	CM	
Vegetables & Fruits	Western Family	Mandarin Orange segments canned in light syrup	150 mL	CS	
Vegetables & Fruits	Applesnax	Extreem Squeez Apple Strawberry	64 g	CS	
Vegetables & Fruits	Breyers	Original Real Fruit Ice Bars Orange	50 mL	CS	
Vegetables & Fruits	Del Monte	Fruit Salad in light fruit juice syrup	142ml	CS	
Vegetables & Fruits	Del Monte	Fruit Bowls packed in Fruit Juice Fruit Medley, Orchard Peach, Tropical Medley	112.5 g	CM	
Vegetables & Fruits	Del Monte	Fruit Bowls in Light Syrup Rasp-o-licious Peach	1 fruit cup (112.5 g)	CS	
Vegetables & Fruits	Dole	Fruit Bowls in Fruit Juice Pineapple Chunks	185 mL fruit cup fork included	CM	
Vegetables &	Dole	Diced Peaches in Juice	1 pack	CM	

September 2008

Fruits					
Vegetables & Fruits	Dole	Fruit Parfaits	123g	CS	Sugar is 3rd ingredient
Vegetables & Fruits	Bolt house Farms	Carrots	85 g	CM	
Vegetables & Fruits	Christie	Fig Newtons Original	Pkg 4 cookies (55 g)	CM	
Vegetables & Fruits	Dole	Mandarin Oranges in Light Syrup	1 pack	CS	
Vegetables & Fruits	Del Monte	Diced Peaches in Fruit Juice	1 fruit cup	CM	
Vegetables & Fruits	Del Monte	Fruit Bowls Packed in Light Fruit Juice Syrup Mandarins	1 fruit cup (112.5 g)	CS	
Vegetables & Fruits	Del Monte	Fruit Bowls, Mixed Fruit Very Very Cherry	1 fruit cup(112.5 g)	CS	
Vegetables & Fruits	Dole	Fruit Bowls in Light Syrup Lots-o-Cherries, Mandarin Oranges fruit cup	107 ml	CS	
Vegetables & Fruits	Dole	Fruit Salads in fruit juice concentrate	107 ml	CS	
Vegetables & Fruits	Dole	Parfait Apples & Caramel, Pineapple & Creme	123 g	CS	
Vegetables & Fruits	Dole	Diced Pears in Light Syrup	1 fruit cup	CS	
Vegetables & Fruits	Dole	Tropical Fruit in Fruit Juice	1 fruit cup	CM	
Vegetables & Fruits	Dole	Fruit Salad	107ml	CS	
Vegetables & Fruits	Dole	Squish'ems! Squeezable Fruit snack Mixed Berry	90 g	CM	
Vegetables & Fruits	Frito Lay	Baked Lays Barbeque, Original	32 g	CS	
Vegetables & Fruits	Frito Lay	Baked Ruffles Cheddar & Sour Cream	32 g	CS	
Vegetables & Fruits	Hunt's	Squeeze 'N Go Appleblend Tubes Classic Apple, Strawberry Kiwi	70 g	CS	
Vegetables & Fruits	McCain	Superfries Low Fat Premium Fried Potatoes	14 pieces 85 g	CM	

September 2008

Fruits					
Vegetables & Fruits	McCain	Fresh Chill Potato	85 g	CS	
Vegetables & Fruits	McCain	Superfries Straight Cut	19 pieces 85 g	CS	
Vegetables & Fruits	Mott's	Fruitsations unsweetened variety pack	1 pack	CM	
Vegetables & Fruits	Mott's	Fruitsations, Unsweetened Apple, Blueberry Delight, Country Berry, Granny Smith, Pineapple Pleasures	111 g	CM	
Vegetables & Fruits	Mott's	Fruitsations Juice ice bars - berry,apple,strawberry	53 mL	CS	
Vegetables & Fruits	Natural Choice	Full of Fruit Organic (Frozen bar)	1 bar	CM	
Vegetables & Fruits	Ocean Spray	Craisins - Original, Cherry Flavor, Orange	28.3g	CS	
Vegetables & Fruits	Old Dutch	Baked Potato chips Original	32 g	CS	
Vegetables & Fruits	Sun-Rype	Fruit Source - blueberry pomegranate, cherry berry, strawberry, tropical, wildberry and raspberry	1 bar	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go	14 g	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go Fun Bites - Berry Blend	1 pouch	CS	
Vegetables & Fruits	Sun-Rype	Squiggles	18g	CS	
Vegetables & Fruits	Vel	Fruit and Nut Bars	1 bar	CS	
Vegetables & Fruits	Flat Earth	Baked Fruit Crisps Peach Mango Paradise	28 g	CM	
Vegetable & Fruit Juices	Del Monte	Apple Raspberry	200ml	CS	
Vegetable & Fruit Juices	Del Monte	100% Juice Variety Pack	200ml	CS	
Vegetable & Fruit Juices	Dole	100% Juice Variety Pack	200ml	CS	
Vegetable & Fruit Juices	Minute-Maid	100% Juice	200ml	CS	

September 2008

Juices					
Vegetable & Fruit Juices	Ocean Spray	Juice	300ml	CS	High Schools Only
Vegetable & Fruit Juices	Phillipine	Mango Nectar	250ml	CS	
Vegetable & Fruit Juices	Sun-Rype	100% Juice Grape, Strawberry Kiwi, Apple, Fruit Medley, Orange, Wildberry	200ml	CS	
Other Beverage	Western Family	Spring Water	500 mL	CM	
Other Beverage	Nestle	Pure Life Flavoured Water	500ml	CS	High Schools Only