



*Nutrition North Canada:
Helping bring healthy
foods to northern homes*



FOOD GROUP	HIGHER SUBSIDY LEVEL	LOWER SUBSIDY LEVEL
Vegetables and Fruit 	<ul style="list-style-type: none">▪ Fresh and frozen vegetables and fruit▪ Dried vegetables and fruit (unseasoned or unsweetened)▪ Frozen unsweetened juice concentrate▪ Unsweetened juice in individual containers of 250 ml or less, except cans	<ul style="list-style-type: none">▪ Unsweetened juice in containers larger than 250 ml, except cans
Grain Products 	<ul style="list-style-type: none">▪ Bread and bread products without filling or coating▪ Ready-to-eat cereals▪ Cook-type cereals	<ul style="list-style-type: none">▪ Flour▪ Crackers, dry crisp breads and Pilot biscuits▪ Arrowroot and social tea cookies▪ Fresh pasta, without sauce
Milk and Alternatives 	<ul style="list-style-type: none">▪ Milk (e.g., fresh, UHT, powdered, canned evaporated)▪ Buttermilk▪ Fortified soy beverages▪ Cheese and processed cheese slices▪ Cottage cheese▪ Yogurt and yogurt drinks	<ul style="list-style-type: none">▪ Cream▪ Sour cream▪ Cream cheese▪ Processed cheese spread▪ Ice cream and ice milk, sherbet and sorbet, and frozen yogurt
Meat and Alternatives 	<ul style="list-style-type: none">▪ Fresh and frozen meat, poultry, fish and seafood▪ Eggs and egg substitutes▪ Unsweetened nuts and seeds▪ Peanut butter and other nut or seed based spreads▪ “Vegetarian” products (e.g., tofu, vegetable-based patties)	<ul style="list-style-type: none">▪ Side bacon
Country or Traditional Foods 	<ul style="list-style-type: none">▪ Country or traditional foods when available through local stores or when purchased from processing plants that are registered with the program.	
Other Foods 	<ul style="list-style-type: none">▪ Infant formula, infant cereals and other infant foods	<ul style="list-style-type: none">▪ Margarine, butter, lard and shortening▪ Salad dressing, mayonnaise and dips▪ Fresh, frozen and refrigerated combination foods, <i>except</i> items that are breaded, battered or in pastry, desserts, poutine, prepared sandwiches, hamburgers, hot dogs, prepared salads.▪ Cooking oils (e.g., canola, olive, peanut)
Non-food items		<ul style="list-style-type: none">▪ Non-prescription drugs

This list took effect in stores participating under Nutrition North Canada on October 1, 2012

- Nutrition North Canada:
- provides the highest level of subsidy to the most nutritious, perishable foods such as milk, eggs, meat, cheese, vegetables and fruit
 - subsidizes commercially produced country foods
 - continues to subsidize direct orders

Other foods not covered by the Nutrition North Canada subsidy are available in local grocery stores.

Northerners are encouraged to contact us with questions or suggestions.

Call: **1-800-0-CANADA**
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