

Nutrition North Canada – Eligible Food and Non-Food Items Expanded – March 9, 2011

The list of items eligible for a subsidy under Nutrition North Canada has been expanded to include all food, as well as essential non-food items originally eligible under the Food Mail Program. This expanded list will be effective from April 1, 2011 until October, 1 2012.

Subsidy rates, developed on a per community basis, were established to allocate the program's budget fairly and equitably. A higher subsidy level will be applied to the most nutritious, perishable foods such as fruits, vegetables, bread, meat, milk and eggs. Eligible foods with longer shelf-lives, such as all-purpose flour, crackers, and frozen combination foods such as pizza and lasagna will be subsidized at a lower level.

These temporary adjustments to the eligibility list will help ease the transition to the Nutrition North Canada program. With two additional sea-lift seasons prior to the full implementation of Nutrition North Canada in October 2012, Northern consumers can be assured they will have access to the goods they need.

Food Group		Food Mail Program	Nutrition North Canada April 1, 2011	Transition Period April 1, 2011 to October 1, 2012	Subsidy Level (High/Low)
FRUITS AND VEGETABLES	Perishable				
	Fresh vegetables	✓	✓	✓	High
	Whole pumpkins	✓		✓	Low
	Frozen vegetables	✓	✓	✓	High
	Fresh and frozen fruit	✓	✓	✓	High
	Fresh juice (pure or reconstituted)	✓	✓	✓	High
	Frozen juice concentrate	✓	✓	✓	High
Juice in TetraPaks and similar	✓	✓	✓	High	

	containers (250 ml or less)				
	Juice in TetraPaks and similar containers (larger than 250 ml)	✓	✓	✓	Low
	Non-Perishable				
	Dried fruit	✓	✓	✓	High
	Unseasoned dried vegetables	✓	✓	✓	High
	Canned vegetables and fruit	✓		✓	Low
	Unsweetened juice in bottles or cans	✓		✓	Low
GRAIN PRODUCTS	Perishable				
	Cook-type cereals	✓	✓	✓	High
	Bread and bread products without sweetened filling or coating (e.g., bagels, English muffins, bread rolls, raisin bread, hamburger and hot dog buns, tortillas, wraps, pizza crusts, frozen bread dough)	✓	✓	✓	High
	Fresh and frozen pasta	✓	✓	✓	Low
	Croissants and garlic bread	✓		✓	Low
	Non-Perishable				
	Crackers, crisp bread, hard bread, Pilot biscuits, melba toast	✓	✓	✓	Low
	Arrowroot and social tea cookies	✓	✓	✓	Low
	Ready-to-eat breakfast cereals	✓	✓	✓	High
	All-purpose flour	✓	✓	✓	Low
	Whole wheat, rye and other semi-perishable flours	✓	✓	✓	Low
	Cake and pastry flour	✓		✓	Low
	Dry rice, dry pasta (macaroni, spaghetti, noodles), other grains, popping corn (unpopped)	✓		✓	Low

	Prepared mixes for cakes, pancakes, muffins, bread and rolls, bannock, pizza	✓		✓	Low
MILK AND ALTERNATIVES	Perishable				
	Milk – fresh (including buttermilk and chocolate), UHT, and powdered	✓	✓	✓	High
	Yogurt and yogurt drinks	✓	✓	✓	High
	Fortified soy beverages	✓	✓	✓	High
	Cheese, processed cheese, cottage cheese	✓	✓	✓	High
	Cream, sour cream, cream cheese	✓		✓	Low
	Ice cream and ice milk, sherbet, frozen yogurt	✓		✓	Low
	Non-Perishable				
	Canned evaporated milk	✓	✓	✓	High
	Canned condensed sweetened milk	✓		✓	Low
	Processed cheese spreads	✓		✓	Low
MEAT AND ALTERNATIVES	Perishable				
	Fresh and frozen meat and poultry, frozen fish, including fish sticks and fish cakes, country food, peameal and back bacon, and cured and smoked products	✓	✓	✓	High
	Bacon (pork and poultry)	✓		✓	Low
	Eggs and egg substitutes	✓	✓	✓	High
	Unsweetened seeds and nuts	✓	✓	✓	High
	Peanut butter	✓	✓	✓	High
Tofu and vegetable-based meat substitutes	✓	✓	✓	High	

	Non-Perishable				
	Canned meat, fish and poultry	✓		✓	Low
	Canned or dried legumes	✓		✓	Low
OILS AND FATS	Perishable				
	Butter	✓	✓	✓	Low
	Soft, non-hydrogenated margarine	✓	✓	✓	High
	Hydrogenated margarine, hard or soft	✓		✓	Low
	Salad dressing, mayonnaise	✓	✓	✓	Low
	Non-Perishable				
	Lard, shortening	✓	✓	✓	Low
	Cooking oil	✓	✓	✓	Low
COMBINATION FOODS	Perishable				
	Fresh and frozen combinations of eligible perishable foods (e.g. pizza, frozen dinners)	✓	✓	✓	Low
	Dips	✓		✓	Low
	Non-Perishable				
	Canned soup, stew, corned beef hash, dried soup mixes	✓		✓	Low
	Macaroni and cheese dinners, noodle mixes, pizza mixes	✓		✓	Low
	Spreads and sauces	✓		✓	Low
OTHER	Perishable				
	Plain water	✓			
	Prescription drugs	✓		✓	Low
	Non-prescription drugs	✓	✓	✓	Low
	Yeast for bread-making	✓	✓	✓	Low
	Infant formula, cereal and other foods prepared specially for infants	✓	✓	✓	High

Non-Perishable					
Artificial sweeteners	✓	✓	✓	Low	
Spices, salt, sugar, baking powder, cornstarch	✓		✓	Low	
Jam, honey, syrups, toppings (excluding artificial cream products)	✓		✓	Low	
Flavourings, extracts	✓		✓	Low	
Jelly powders, pudding mixes, puddings (canned or ready-to-eat)	✓		✓	Low	
Condiments, ketchup, vinegar, relish, pickles	✓		✓	Low	
Coffee, tea	✓		✓	Low	
Fruit drink crystals with vitamin C added	✓		✓	Low	

Non-Food Items

Product Type		Food Mail Program	Nutrition North Canada April 1, 2011	Transition Period April 1, 2011 to October 1, 2012	Subsidy Level (High/Low)
INFANT CARE PRODUCTS	Diapers, wipes	✓		✓	Low
OTHER PAPER PRODUCTS	Feminine hygiene products, disposable undergarments, toilet paper, nursing pads	✓		✓	Low
DENTAL CARE ITEMS	Toothpaste, dental floss, denture adhesive and cleaner,	✓		✓	Low

	toothbrushes				
OTHER PERSONAL CARE ITEMS	Hand and body lotions, soap, shampoo, deodorant	✓		✓	Low
HOUSEHOLD ITEMS	Laundry detergent, dishwashing liquid and powder	✓		✓	Low
NUTRITION SUPPLEMENTS	Vitamins, minerals (except meal replacements, power bars, energy bars)	✓		✓	Low
MEDICAL PRODUCTS	Medical devices	✓		✓	Low
HUNTING/FISHING EQUIPMENT	Fishing nets, rods and lures, snowmobile, ATV and outboard motor parts	✓			