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Food Mail Program

Criteria related to a healthy diet and the nutrient content of foods was used to revise the eligibility list. As of October 3, 2010, specific items were identified to be eliminated from the eligibility list.

**Items to be eliminated to take effect on October 3, 2010 for
All Eligible Communities**

Foods eliminated	Rationale for elimination
Whole pumpkins	Most pumpkins shipped are used for Halloween celebrations, rather than food.
Croissants, garlic bread	High fat content
Cream, ice cream, ice milk, sherbet, frozen yogurt, cream cheese	High sugar and/or fat content; low calcium to energy ratio
Processed cheese spreads	High sodium content; long shelf-life; heavy glass jars
Side bacon (back bacon is still available)	Very high sodium and fat content; easily distinguished from other processed meats by its packaging
Hard and hydrogenated margarine	Trans and saturated fat content
Water	Non-perishable
Dips	High fat content
Prescription drugs	Eliminated due to regulations and licensing of transporting drugs. Other mechanisms exist to transport prescription drugs.

Effective October 3, 2010 for Communities with marine service (sealift/barge/ferry). Effective April 1, 2011 for Communities with winter road service

All non-perishable foods with the exception of those listed below, and all non-food items will be eliminated as of the effective dates above, since they have a long shelf-life and can be transported by more efficient transportation modes such as marine service or winter roads.

Foods to be retained	Rationale for retention
Dried fruit and vegetables, e.g., apricots, raisins, instant potato flakes	Add to the variety of available fruit and vegetables; fresh fruit and vegetables are susceptible to quality problems and quality fresh produce is not always available; the cost of transportation and storage is lower than for fresh fruit and vegetables.
Ready-to-eat breakfast cereals	Limited "best-before" shelf-life. Ready-to-eat breakfast cereals provide important nutrients and promote milk consumption, yet are also a quick and easy snack food on their own. While some cereals are sweetened, the large majority are not highly sweetened. In homes where breakfast is not prepared, this group of foods allows children to prepare their own breakfast.

Crackers, crispbread, hard bread, Pilot biscuits, melba toast	Limited "best-before" shelf-life
Arrowroot and social tea cookies	Limited "best-before" shelf-life
All-purpose flour and other cooking and baking flours except cake and pastry flours	Flour is an important source of key nutrients, and a basic ingredient in bannock. To ensure the lowest price all year round, including times when stock brought in by surface transportation may run out.
Canned evaporated milk	Evaporated milk (as shipped, undiluted) weighs half as much as the equivalent amount of fresh milk. Classifying this food in the perishable category (and at the higher level of subsidy under the new program) will also free up storage space that retailers can use for the non-perishable foods to be excluded from the program. Unlike fresh milk, evaporated milk provides vitamin C. Recent nutrition surveys in communities served by the Food Mail Program have confirmed that large percentages of the population have inadequate intakes of vitamin C.
Lard, Shortening	To ensure the lowest price all year round, including times when retailers may run out of lard and shortening brought in by surface transportation. Lard also has only a 12-month shelf-life.
Cooking oil	Canada's Food Guide recommends consumption of healthy cooking oils and some of them have a limited shelf life.
Frozen combination foods containing rice or pasta; fresh and frozen pasta	Fresh and frozen pasta, as well as fresh and frozen combination foods containing rice or pasta, are perishable products but are currently in the non-perishable category so that they do not receive a higher subsidy than dry rice or pasta under the current program. Under the new program, they will be included with other fresh and frozen combination foods that will be eligible for subsidy level 2.
Artificial sweeteners	Sugar substitute. As such, it can be important for control of diabetes and control of weight.
Non-prescription drugs	Dated products.

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