



## Food Mail Program (Until March 31, 2011)

PHASE 1 – Revised eligibility list for **all eligible communities** to come into effect on **October 3, 2010**.

Food Group	Perishable Foods	Non-perishable Foods
<b>Vegetables and Fruit</b> 	Frozen vegetables (including baked French fries), fresh and frozen fruit, frozen juice concentrate (unsweetened), unsweetened fresh juice, unsweetened juice in TetraPaks and similar containers Fresh vegetables - <i>excluding ornamental pumpkins</i>	Dried fruit (raisins, dates, apricots, etc.), unseasoned dried vegetables (e.g., onion flakes, dried vegetable mixes, instant potato flakes, seaweed)
<b>Grain Products</b> 	Cook-type cereal, bread and bread products without sweetened fillings or coatings (e.g., bagels, English muffins, bread rolls, raisin bread, hamburger buns, hot dog buns, pizza crusts, frozen bread dough, tortilla) – <i>excluding garlic bread and croissants</i>	Crackers, crispbread, hard bread, Pilot biscuits, melba toast, Arrowroot and social tea cookies, fresh and frozen pasta, ready-to-eat breakfast cereal, all-purpose flour, whole wheat, rye and other semi-perishable flours – <i>excluding cake and pastry flour</i>
<b>Milk and Alternatives</b> 	Fresh milk, UHT milk, buttermilk, chocolate milk, powdered milk, yogurt, yogurt drinks, cheese, processed cheese, cottage cheese, fortified soy beverages	Canned evaporated milk
<b>Meat and Alternatives</b> 	Eggs and egg substitutes, tofu and similar vegetable-based meat substitutes (vegetable patties, nut burgers, etc.), unsweetened seeds and nuts, peanut butter, fresh and frozen meat and poultry, and frozen fish (including country food, peameal and back bacon, other cured and smoked products, fish sticks, fish cakes) – <i>excluding fresh fish, side bacon and products that are breaded, battered or in pastry</i>	
<b>Oils and fats</b>	Soft, non-hydrogenated margarine, butter, salad dressing, mayonnaise	Cooking oil (e.g., canola, peanut, olive, flaxseed), lard, shortening
<b>Combination foods</b>	Fresh and frozen combination foods (e.g., pizza) – <i>excluding those containing products that are breaded, battered or in pastry or desserts, poutine, prepared sandwiches, hamburgers, hot dogs, prepared salads, other prepared foods for immediate consumption that are subject to GST</i>	Fresh and frozen products containing pasta or rice
<b>Other</b>	Yeast for bread making, infant formula, infant cereals, other foods prepared specifically for infants, non-prescription drugs	Artificial sweeteners

As of October 3, 2010, foods with little nutritional value will be eliminated for all eligible communities. Non-perishable foods and non-food items, with the exception of those listed above, will be eliminated for all eligible communities, except those without marine service.

**PHASE 1 – Additional non-perishable foods and non-food items eligible for communities without marine service (sealift/bergo/ferry) to come into effect as of October 3, 2010.**

Food Group	Additional Non-perishable Foods
<b>Vegetables and Fruit</b> 	Canned vegetables and fruit, unsweetened canned and bottled juice
<b>Grain Products</b> 	Rice, other grains, popping corn (unpopped), dried pasta (macaroni, spaghetti, etc.), cake mixes, muffin mixes, bread and roll mixes, bannock mixes, pancake mixes, cake and pastry flour
<b>Milk and Alternatives</b> 	Condensed milk
<b>Meat and Alternatives</b> 	Canned meat, poultry and fish, canned legumes (beans, peas, lentils), dried legumes (beans, peas, lentils)
<b>Combination foods</b> 	Canned soup, stew, corned beef hash, pasta, dried soup mixes, macaroni and cheese dinners, noodle mixes, pizza mixes, spreads, sauces
<b>Sweets</b> 	Fruit drink crystals with vitamin C added, sugar, jam, honey, syrups, toppings (excluding artificial cream products), jelly powders, puddings (canned or ready-to-eat), pudding mixes
<b>Other</b> 	Spices, salt, flavourings, extracts, baking powder, cornstarch, coffee, tea, condiments, ketchup, vinegar, relish, pickles,

Product type	Essential Non-food Items	
Infant care products		Diapers, wipes
Other paper products		Feminine hygiene products, disposable undergarments, toilet paper, nursing pads
Dental care items		Toothpaste, dental floss, denture adhesive and cleaner, toothbrushes
Other personal care items		Hand and body lotions, soap, shampoo, deodorant
Household items		Laundry detergent, dishwashing liquid and powder
Nutrition supplements		Vitamins, minerals (except meal replacements, power bars, energy bars)
Medical products		Medical devices
Hunting/ fishing equipment		Fishing nets, rods and lures, Snowmobile, ATV and outboard motor parts