

## Compliance of *From Farm To Table – Canada* popcorn products with Prince Edward Island School Nutrition Policies

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Nutrition facts for [From Farm To Table – Canada popcorn products](#) have been assessed according to the nutrition criteria for Healthy Vending Machine and Canteen foods in Prince Edward Island's Guide to Food Choices<sup>1</sup> which form the basis for both the Eastern School District and Western School Board nutrition policies.

<b>Nutrition Criteria for Healthier Vending Machine and Canteen Foods</b>
<b>Total Fat: Maximum 5 g per serving</b>
<b>Saturated Fat: Maximum 3 g per serving</b>
<b>Trans Fat: Maximum 0.5 g per serving</b>
<b>Sugar: Maximum 15 g per serving</b> , with the exception of: <ul style="list-style-type: none"> <li>– Fresh vegetables and fruit, canned vegetables and fruit (packed in water/100% juice), frozen vegetables and fruit, 100% dried fruit, 100% vegetable and fruit juices</li> <li>– Lower fat (2% M.F. or less) flavoured milks may contain a maximum of 28 g sugar per 250 ml serving</li> </ul>
<b>Sodium: Maximum 480 mg per serving</b>

### Assessment of *From Farm To Table – Canada* popcorn products (per 23g serving)

Flavour	Nutrient Content					Meets Nutrition Criteria
	Fat (g)	Saturated Fat (g)	Trans Fat (g)	Sodium (mg)	Sugars (g)	
White Cheddar	1.5	0	0	65	0	Yes
Dill Pickle	1.5	0	0	200	1	Yes
Kettle Corn	1.5	0	0	115	7	Yes
Light Butter & Salt	1	0	0	160	1	Yes

**Assessment performed by:**

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<sup>1</sup> Prince Edward Island School Nutrition Policies - Guide to Food Choices, Revised November 2010. Available at: <http://www.healthyeatingpei.ca/pdf/2010FinalRevisedGuidetoFoodChoices.pdf>.