
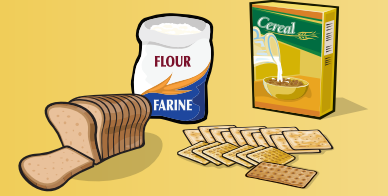
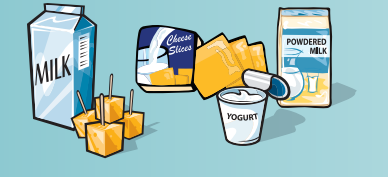
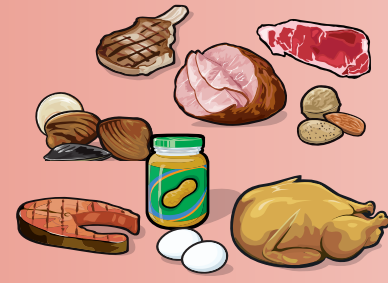
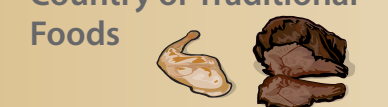



Nutrition
North•Nord
Canada

Subsidized
Foods

Nutrition North Canada:
Helping bring healthy
foods to northern homes

Canada

FOOD GROUP	HIGHER SUBSIDY LEVEL	LOWER SUBSIDY LEVEL
<div>Vegetables and Fruit</div> <div></div>	<ul style="list-style-type: none">Fresh and frozen vegetables and fruitDried vegetables and fruit (unseasoned or unsweetened)Frozen unsweetened juice concentrateUnsweetened 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
<div>Grain Products</div> <div></div>	<ul style="list-style-type: none">Bread and bread products without filling or coatingReady-to-eat cerealsCook-type cereals	<ul style="list-style-type: none">FlourCrackers, dry crisp breads and Pilot biscuitsArrowroot and social tea cookiesFresh pasta, without sauce
<div>Milk and Alternatives</div> <div></div>	<ul style="list-style-type: none">Milk (e.g., fresh, UHT, powdered, canned evaporated)ButtermilkFortified soy beveragesCheese and processed cheese slicesCottage cheeseYogurt and yogurt drinks	<ul style="list-style-type: none">CreamSour creamCream cheeseProcessed cheese spreadIce cream and ice milk, sherbet and sorbet, and frozen yogurt
<div>Meat and Alternatives</div> <div></div>	<ul style="list-style-type: none">Fresh and frozen meat, poultry, fish and seafoodEggs and egg substitutesUnsweetened nuts and seedsPeanut butter and other nut or seed based spreads“Vegetarian” products (e.g., tofu, vegetable-based patties)	<ul style="list-style-type: none">Side bacon
<div>Country or Traditional Foods</div> <div></div>	<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.	
<div>Other Foods</div> <div></div>	<ul style="list-style-type: none">Infant formula, infant cereals and other infant foods	<ul style="list-style-type: none">Margarine, butter, lard and shorteningSalad dressing, mayonnaise and dipsFresh, 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)
<div>Non-food items</div>		<ul style="list-style-type: none">Non-prescription drugs

This list will take effect in stores participating under Nutrition North Canada on October 1, 2012.

Nutrition North Canada:

- provides the highest 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 and can be obtained via winter roads or sealift.

Northerners are encouraged to contact us with questions or suggestions.

Call us: 1-800-567-9604

Email us: nutritionnorth@aandc.gc.ca

Visit: www.NutritionNorthCanada.ca

QS-6271-000-BB-A1

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