



**FOOD QUALITY SPECIFICATIONS -
FOOD PURCHASED BY FEDERAL GOVERNMENT
DEPARTMENTS**

Miscellaneous Grocery

The following specifications are used by federal government departments purchasing the items listed below for their departmental food requirements

FQS-20 – Miscellaneous Grocery

Any items listed in all Food Quality Specification that are **bolded and in brown** are part of the current National Standard Cycle Menu (NSCM) Standing Offer. Other items that are not on the NSCM but are on the Standing Offer may not be listed in **bolded and in brown**.

FQS-20-01 – Asian Chili Paste (Sambal)

FQS-20-02- - Baking (Chocolate) Chips

FQS-20-03 – Baking Powder

FQS-20-04 – Baking Soda

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FQS-20-05-01 – Canned Salmon

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FQS-20-05-03 – Canned Shrimp (Prawns)

FQS-20-06 – Capers

FQS-20-07 – Chili Sauce (Tomato-Based, Regular, and Low Sodium)

FQS-20-08 – Cocoa Powder

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FQS-20-11 – Cooking Wines

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FQS-20-21 - Salsa

FQS-20-22 – Seeds

FQS-20-23 – Sun-Dried Tomatoes (Dried or Packed in Oil)

FQS-20-24– Soy Products

FQS-20-25 – Vanilla Extract

FQS-20-26 – Vinegars

FQS-20-27 – Yeast

[Applicable Regulations and Resources for Miscellaneous Grocery](#)

FQS-20-01 – Asian Chili Paste (Sambal)

Description

1. Asian Chili paste or Sambal is a spicy seasoning made of crushed chili peppers, oil, vinegar, garlic, sugar, lime and other flavourings. Asian Chili paste is a popular condiment used in Korean, Mexican, and Asian

cooking. There are several types of chili paste. Some are made with hot red peppers and others with green, giving it its colour. The recipe and the amount of heat the paste has depend on the country it came from. The manufactured chili pastes tend to have a more uniform texture similar to that of chili sauce.

2. Sambal Oelek is the name of one of the most readily available types of Asian Chili paste. It is a raw chili paste (bright red, thin, and sharp tasting). Sambal Oelek can be used as the base for making other sambals or as an ingredient for other cuisines.

3. Asian Chili Paste must:

- a. be supplied in the variety/type specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- f. meet all applicable criteria for supplying indicated in [FQS-20-01](#).

FQS-20-02 – Baking (Chocolate) Chips

Description

4. Baking chips come in several flavours, the most common being various types of chocolate. Baking chips are also available in peanut butter, butterscotch, cherry and mint flavours, and in the flavours of several popular chocolate bars. Baking chips are specially formulated with less cocoa butter than baking chocolate. This enables them to withstand normal oven heat and to hold their shape in baked goods.

5. Chocolate chips are small chunks of chocolate. They are often sold in a round, flat-bottomed teardrop shape. They are available in numerous sizes, from large to miniature, but are usually less than 1 cm in diameter. Another variety of chocolate chips is rectangular or square shaped chocolate chunks. Chocolate chips are made of semi-sweet chocolate, bittersweet chocolate, mint chocolate, white chocolate, dark chocolate, milk chocolate, and also as a combination of white and dark swirled chocolate chips.

6. Baking chips supplied will be supplied in the type and flavour specified.

7. Baking chips supplied must:

- a. be the variety/type specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);

- e. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and [Codex Standard 87-1981 – Standard for Chocolate and Chocolate Products](#); and
- f. meet all applicable criteria for supplying indicated in [FQS-20-02](#).

FQS-20-03 – Baking Powder

Description

8. Baking powder, a dry chemical leavening agent, is a mixture of a carbonate or bicarbonate (baking soda) and a weak acid, and is used for increasing the volume and lightening the texture of baked goods. Baking powder works by releasing carbon dioxide gas into a batter or dough through an acid-base reaction, causing bubbles in the wet mixture to expand and thus leavening the mixture. It is used instead of yeast for end-products where fermentation flavours would be undesirable or where the batter lacks the elastic structure to hold gas bubbles for more than a few minutes, or for convenience. Because carbon dioxide is released at a faster rate through the acid-base reaction than through fermentation, breads made by chemical leavening are called “quick breads” (i.e. muffins and biscuits).
9. The three types of baking powders are:
 - a. Double-acting – sometimes referred to as combination baking powder. These powders typically use sodium aluminum sulfate and/or monocalcium phosphate as the acid ingredients;
 - b. Phosphate – uses monocalcium phosphate or sodium acid phosphate, or a combination of these as the acid ingredient. They are slower to react than the double acting type; and
 - c. Tartrate – in single acting tartrate baking powder, baking soda is combined with tartaric acid. This is the quickest acting baking powder. Batters made with this baking powder have to be baked immediately.
10. Baking powders also include components to improve their consistency and stability. Cornstarch serves several functions in baking powder. Primarily it is used to absorb moisture, and thus prolong shelf life by keeping the powder's additional alkaline and acidic components dry so as not to react with each other prematurely. Baking powder shall yield not less than 10 per cent of its weight as carbon dioxide.
11. Baking powder should be used within one year of opening the package. To test if it is still effective, combine 5 ml (1 teaspoon) of baking powder with 80 ml (1/3 cup) of hot water. If it bubbles, it is still active and useable.
12. Baking powder supplied must:
 - a. be of the double-acting or combination type and use only monocalcium phosphate as the acid ingredient;
 - b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\), Division 3, Baking Powder](#) [B.03.001 – Baking Powder];
 - c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#); and
 - e. meet all applicable criteria for supplying indicated in [FQS 20-02](#).

FQS-20-04 – Baking Soda

Description

13. Baking soda, also called sodium bicarbonate, is a naturally occurring substance found dissolved in mineral springs. Used alone, Baking soda has no leavening properties. It is primarily used in cooking (baking), as a leavening agent. It reacts with acidic components in batters, releasing carbon dioxide, which causes expansion of the batter and forms the characteristic texture and grain in pancakes, cakes, quick breads, soda bread, and other baked and fried foods. Acidic compounds that induce this reaction include phosphates, cream of tartar, lemon juice, yogurt, buttermilk, cocoa, vinegar, etc. Sodium bicarbonate can be substituted for baking powder provided sufficient acid reagent is also added to the recipe. Baking soda is also used in breadings such as for fried foods, to enhance crispness.
14. The shelf life for baking soda is 3 years. The expiration date is usually located on the bottom of the box. Baking soda supplied shall have no less than 2 ½ years remaining on the shelf life on the date of delivery from the supplier.
15. Baking soda and baking powder are used in different situations and are not interchangeable. Baking soda is typically used in a recipe that has an acidic ingredient (cream of tartar, buttermilk, etc.) that will react with the baking soda to give off carbon dioxide. Baking powder, which contains one or more acidic ingredients to facilitate the reaction, is used in recipes without acidic ingredients.
16. Baking soda supplied must:
 - a. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - b. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#) and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - c. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#); and
 - d. meet all applicable criteria for supplying indicated in [FQS-20](#).

FQS-20-05 – Canned Fish

Description

17. Canned fish includes all species of fish including shellfish (mollusks and crustaceans). Canned fish is defined as commercially sterile fish, achieved by the application of heat, alone or in combination with other treatments in hermetically sealed containers. The commercial sterilizing process must render fish free from viable forms of microorganisms capable of growing in the fish at the normal temperatures at which the fish is designed to be held during distribution and storage. The hermetically sealed containers must be designed to be secure against the entry of microorganisms.
18. Canned fish may be prepared from fish which is fresh, frozen, cooked or smoked. Canned fish can be dry or packed in oil, water, vegetable broth or other suitable packaging medium. Canned fish can be smoked or not smoked or can be in a sauce made of a variety of ingredients including, but not limited to lemon, vinegar, Tabasco, mustard, and/or tomato.
19. Any canned fish that contains bones will be processed so that the bones are soft. Canned fish supplied, be it a fresh water or a salt water species, will have no added salt.
20. For canned fish, in addition to a can, a flexible package (which meets the requirements for sterility and is hermetically sealed) is also an acceptable container.

FQS-20-05-01 – Canned Salmon

Description

21. Canned Salmon is prepared from headed and eviscerated fish of various salmon species. The fins and tails have been removed, and salt, water, salmon oil and/or other edible oils may have been added. Canned Pacific salmon may be produced using sockeye, red sockeye, red, spring, king, chinook, coho, medium red coho, pink, chum, keta, and steelhead salmon. Canned salmon or canned Atlantic salmon is also available.
22. Canned salmon shall consist of sections which are cut transversely from the fish and which are filled vertically into the can. The sections shall be packed so that the cut surfaces are approximately parallel with the ends of the container.
23. Canned salmon must be supplied as the species and size specified.
24. All canned salmon provided:
- a. must be prepared or packaged in an establishment registered with the Department of [Fisheries and Oceans Canada](#) pursuant to the Fish Inspection Regulations;
 - b. must comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - c. must comply with the [Fisheries and Oceans Canada](#) Acts and Regulations;
 - d. must comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#) and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - e. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
 - f. must be prepared in accordance with the appropriate sections of the [Codex Alimentarius - General Principles of Food Hygiene](#); and
 - g. shall have normal colour, flavour and odour characteristic of the product;
 - h. must comply with the [Codex Standard for Canned Salmon \[CODEX STAN 3-1981\]](#);
 - i. must comply with the [Codex Code of Practice for Fish and Fishery Products \[CAC/RCP 52-2003\]](#);
 - j. must comply with the [Canadian Food Inspection Agency \(CFIA\) - Standards and Methods Manual, Chapter 2 - Canned Products \[Standard 8 - Canned salmon\]](#); and
 - k. be the species of salmon and pack type specified.

FQS-20-05-02 – Canned Tuna¹

Description

25. Canned tuna shall be the flesh of tuna packed in oil, water, vegetable broth or other suitable packaging medium and be canned. It shall be prepared from white albacore or light tuna species.
26. Styles of Pack for Tuna:
- a. Regular-pack or Solid - Regular pack contains sections of flesh that are cut transversely from the fish and are equal in length to the height of the can and packed so that the cut surfaces are parallel with the ends of the can.
 - b. Chunk - Chunk pack is a mixture of pieces of fish. Most have dimensions of not less than 1.2 cm in each direction. The original muscle structure is retained.
 - c. Flakes - Flake pack is a mixture of particles of fish in which the muscle structure of the flesh is retained.

¹ Canned tuna shall be provided as specified.

27. All canned tuna provided must:
- a. be packed in water, with no added salt, unless otherwise specified;
 - b. must be prepared or packaged in an establishment registered with the Department of [Fisheries and Oceans Canada](#) pursuant to the Fish Inspection Regulations;
 - c. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - d. comply with the [Fisheries and Oceans Canada](#) Acts and Regulations;
 - e. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - f. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
 - g. be prepared in accordance with the appropriate sections of the [Codex Alimentarius - General Principles of Food Hygiene](#);
 - h. shall have normal colour, flavour and odour characteristic of the product;
 - i. comply with the [Codex Standard for Canned Tuna and Bonito \[CODEX STAN 70-1981\]](#);
 - j. must comply with the [Codex Code of Practice for Fish and Fishery Products \[CAC/RCP 52-2003\]](#);
 - k. comply with the [Canadian Food Inspection Agency \(CFIA\) - Standards and Methods Manual, Chapter 2 - Canned Products \[Standard 1 - Canned tuna\]](#); and
 - l. be of the species of tuna and pack type and size specified.

FQS-20-05-03 – Canned Shrimp (Prawns)

Description

28. Canned shrimp or prawns shall be the flesh of shrimp packed in water, with no added salt, and be canned. It shall be prepared from fresh, frozen or cooked whole and/or broken shrimp.
29. All canned shrimp provided must:
- a. be packed in water, with no added salt, unless otherwise specified;
 - b. must be prepared or packaged in an establishment registered with the Department of [Fisheries and Oceans Canada](#) pursuant to the Fish Inspection Regulations;
 - c. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - d. comply with the [Fisheries and Oceans Canada](#) Acts and Regulations;
 - e. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - f. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
 - g. be prepared in accordance with the appropriate sections of the [Codex Alimentarius - General Principles of Food Hygiene](#);

- h. shall have normal colour, flavour and odour characteristic of the product;
 - i. comply with the [Codex Standard for Canned Shrimps or Prawns \[CODEX STAN 37-1991\]](#);
 - j. must comply with the [Codex Code of Practice for Fish and Fishery Products \[CAC/RCP 52-2003\]](#);
 - k. comply with the [Canadian Food Inspection Agency \(CFIA\) - Standards and Methods Manual, Chapter 2 - Canned Products \[Standard 1 - Canned tuna\]](#); and
 - l. be of the species of tuna and pack type and size specified.
30. Canned fish is unacceptable that:
- a. is not of the species and type specified;
 - b. contains additional salt;
 - c. is not commercially sterilized and packaged in a hermetically sealed container;
 - d. does not have the colour, texture, odour, and flavour characteristic of that species of fish;
 - e. contains foreign material;
 - f. is decomposed;
 - g. is tainted;
 - h. unwholesome; and
 - i. contains bones.

FQS-20-06 – Capers

Description

31. Capers are the unripened or immature flower buds of the caper bush, a prickly, perennial plant, which is native to the Mediterranean and some parts of Asia. After the dark green buds are manually harvested, they are sun-dried, then pickled in vinegar, brine, wine or salt. The curing brings out their tangy lemony flavour. Capers taste like tiny sharp gherkin pickles. They are typically available either salted or brined and should be drained and rinsed prior to use.

32. Capers range in size from those as tiny as a peppercorn to as large as a fingertip. Capers are sold categorized by their size:

- a. Non-pareil: up to 7 mm and the most desirable, favoured for its delicate texture;
 - b. Surfines: 7–8 mm;
 - c. Capucines: 8–9 mm;
 - d. Capotes: 9–11 mm;
 - e. Fines: 11–13 mm; and
 - f. Grusas: 14+ mm and stronger in flavour and less aromatic.
33. Acceptable characteristic for capers in brine supplied are:
- a. round or oval in shape with a firm texture;
 - b. uniform in size;
 - c. olive-green in colour;
 - d. may present with white or light green spots;
 - e. brine should be clear and free flowing; and

- f. free from any objectionable odours or flavours.
34. All capers supplied must:
- comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
 - be prepared in accordance with the appropriate sections of the [Codex Alimentarius - General Principles of Food Hygiene](#); and
 - shall have normal colour, flavour and odour characteristic of the product.

FQS-20-07 – Chili² Sauce (Tomato-Based, Regular, and Low Sodium)

Description

35. The Chili sauce described here is the tomato-based variety. Chili sauce shall be the product prepared from clean sound well-ripened whole tomatoes chopped or crushed with peelings screened out in such a manner that a substantial portion of the seeds remain in the product.
36. Chili sauce normally contains added ingredients such as vinegar, salt, seasoning, and sugar, invert sugar, dextrose or glucose and to which there may also be added any other natural vegetable flavouring ingredient in a quantity that does not materially alter the appearance of the product with respect to the predominance of the tomato ingredients. Grades for chili sauce are optional but, if declared, the grade and therefore the standards are the same as for tomato puree.
37. Chili sauce is more acidic and slightly more spicy and thicker than ketchup.
38. Low sodium chili sauce must contain no more than 23 mg of sodium per 100 ml.
39. Chili Sauce supplied must:
- comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - Comply with the [Canada Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#) and [Processed Products Regulations \(C.R.C., c. 291\)](#);
 - comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
 - contains tomato paste or tomato puree that complies with the [Codex Standard for Processed Tomato Concentrates](#);
 - meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and

² **Note:** There are other types of chili sauces available, which could be called Asian chili sauce, Sriracha or sweet chili sauce. These sauces are chili pepper-based and are not interchangeable in recipes with the tomato-based varieties specified here.

- g. meet all applicable criteria for supplying chili sauce as indicated in [FQS-20-07](#).

FQS-20-08 – Cocoa Powder

Description

40. Cocoa powder comes from cocoa beans that grow in pods on the cacao tree. The beans are fermented, dried, roasted and cracked. The nibs are then ground to extract about 75% of the cocoa butter, leaving a dark brown paste called chocolate liquor. After drying, the mass is ground into powder which is unsweetened cocoa. It may also be called cocoa powder, cocoa, and cacao contains less than 10 per cent cocoa butter as per the [Food and Drug Regulations \(C.R.C., c. 870\), Division 4, Cocoa and Chocolate Products](#).

41. Cocoa powder supplied must:

- a. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. meet all the requirements of the with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\), Division 4, Cocoa and Chocolate Products](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the [Codex Alimentarius – Code of Hygienic for Cocoa Powders](#);
- f. be of the type specified; and
- g. have normal colour, flavour, and odour characteristic of the product.

FQS-20-09 – Coconut (Meat)

Description

42. Coconuts are a large nut or stone from the *Coco nucifera* palm tree. While not botanically a fruit, the term coconut can refer to the entire coconut palm, the seed, or the fruit, which, botanically, is a drupe, not a nut. Found throughout the tropics and subtropics, the coconut is known for its great versatility as seen in the many uses of its different parts. Coconuts are different from any other fruits because they contain a large quantity of “water” and when immature they may be harvested for drinking. When mature, they still contain some water and can be used as seednuts or processed to give oil from the kernel, and charcoal from the hard shell and coir or fibre from the husk.

43. The endosperm is initially in its nuclear phase suspended within the coconut water. As development continues cellular layers of endosperm deposit along the walls of the coconut, becoming the edible coconut "flesh" or coconut meat. When dried, the coconut flesh or meat is called copra.

44. The oil and milk derived from the coconut are commonly used in cooking and frying. The clear liquid coconut water is potable. The coconut flesh or meat is used in cooking.

45. Coconut meat is the rich white lining that is contained within the shell of a coconut. Coconut meat can be juicy and tender, or slightly thick and crunchy, to tough and fibrous depending on how long the kernel has been stored.

46. Coconut can be purchased sweetened or unsweetened and in a variety of forms and textures. The colour shall be natural white to light creamy white. The taste shall be characteristic of the product without off-flavours due to deterioration or absorption of extraneous substances. The odour shall be characteristic of the product, shall not be mouldy, cheesy, smoky, fermented or rancid, and shall not possess any undesirable odour.

47. The types of coconut meat available are:
- Desiccated: This refers to the amount of moisture left in the meat. Desiccated coconut means that the coconut meat has been dried and that it contains much less moisture than the initial fruit. It is available either shredded or flaked;
 - Shredded**: Made up of thin strands of coconut, shredded coconut looks a little like grated cheddar cheese. It can be further sold as either medium or fine shred. It is usually available both sweetened and unsweetened. **Unsweetened, shredded coconut is also available toasted**; and
 - Flaked: made up of larger, coarser pieces than the shredded type.
48. Coconut supplied must:
- comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - comply with food packaging and labelling requirements specified by with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
 - meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex General Standard for Vegetable Protein Products \[CODEX STAN 174-1989\]](#); and
 - meet all applicable criteria for supplying indicated in FQS.

FQS-20-10 – Coconut Milk

Description

49. Coconut milk is the liquid that comes from simmering equal parts water and shredded coconut meat, then squeezing and straining grated coconut meat through cheesecloth. The colour and rich taste of the milk can be attributed to the high oil content. Most of the fat is saturated fat.
50. Light coconut milk is the product obtained from either the bottom portion of centrifuged coconut milk or by further dilution of coconut milk and has 50 per cent of the fat of the regular coconut milk. Good coconut milk has a clean, white colour, rich creamy taste and is mildly sweet with the essence of coconut
51. Coconut milk supplied should have 11gm fat to 60 ml for **regular coconut milk** and 5 grams of fat per 82 ml for **light coconut milk**.
52. The coconut milk described here is used for cooking and must not be confused with the coconut beverage sold as a plant-based (non-dairy) beverage.
53. Coconut Milk supplied must:
- comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);

- d. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius – Code of Hygienic for Aqueous Coconut Products](#);
- e. be prepared in accordance with the appropriate sections of the [Codex Alimentarius - General Principles of Food Hygiene](#);
- f. comply with Recommended International [Codex Code of Hygienic Practice for Aseptically Processed and Packaged Low-Acid Foods \[CAC/RCP 40-1993\]](#) and Recommended International [Codex Code of Hygienic Practice for Low-Acid and Acidified Low-Acid Canned Foods \[CAC/RCP 23-1979\]](#) and other relevant Codex texts such as codes of hygienic practice and codes of practice; and
- g. shall have normal colour, flavour and odour characteristic of the product.

FQS-20-11 – Cooking Wines

Description

54. A cooking wine is a relatively inexpensive wine with a high salt content. Cooking wine contains about 1 teaspoon of salt for every 8 ounces of wine. Cooking wines are meant to be used only as an ingredient in cooking, not consumed like other wines. Most cooking wine does not contain alcohol. Any alcohol present evaporates during the cooking process.

55. When a bottle of cooking wine is opened and the wine is exposed to oxygen, a fermentative process transforms the alcohol into an acetic acid known as wine vinegar. The salt in cooking wine stops the growth of the acetic acid so no microorganisms are produced and the wine vinegar does not spoil. This preservation is important, because a bottle of cooking wine may be opened and used over and over again. Cooking wine is formulated so that it can be stored for up to one year after it has been opened. The relatively high salt content blocks further fermentation.

56. Cooking wine can be used as a tenderizer, a soaking agent, a base for a sauce or stock in a pan, and as a finishing ingredient to provide a subtle sweetness to the food.

57. Cooking wines are available in red and white varieties. Other variations include sherry and Marsala, both of which are fortified with brandy.

58. Cooking wine supplied must:

- a. be supplied in the variety specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- f. meet all applicable criteria for supplying indicated in FQS.

FQS-20-12 – Cornstarch

Description

59. Cornstarch is the starch derived from the corn (maize) grain. It is obtained by grinding the white endosperm at the heart of the corn kernel. It contains not less than 84 percent starch.
60. Cornstarch supplied must:
- comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and the [Food and Drug Regulations \(C.R.C., c. 870\)](#);
 - comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
 - comply with food packaging and labelling requirements listed under [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#); and
 - shall have normal colour, flavour and odour characteristic of the product.

FQS-20-13 – Curry Paste

Description

61. Curry paste, a staple of Indian cuisine, can vary in its heat intensity from the mild curry pastes of Indonesia to the hot curry pastes of Madras. Curry paste is made from a variety of seeds such as cardamom, cumin, coriander, fennel seeds and peppercorns, which are first toasted to enhance their flavours, then ground. Other ingredients such as red or green chilies, lemongrass, ginger, garlic, cilantro leaves, garlic, shallots, lime, nutmeg, sugar and salt are blended along with peanut or vegetable oil to make the curry paste.
62. Curry paste can be combined with stock, yogurt or canned tomatoes to make a sauce or used as a marinade or rub for meat, poultry, fish or vegetables.
63. Some of the types of curry paste available are:
- Biryani – used for biryani recipes which combine meat, fish or poultry with rice and are baked in a pot;
 - Bombay – a milder curry paste used for side dishes (i.e. potatoes);
 - Butter Chicken - a milder paste with a distinctive butter and charred flavour to replicate the tandoor oven used in Northern Indian cooking;
 - Hot Piquant – classic strong spicy taste for meat or vegetables;
 - Madras – strong and spicy, ideal for red meats;
 - Mild** – ideal for all meat, fish and vegetable dishes;
 - Tandoori** – traditional marinade for meats that are to be grilled or baked. Tandoori meats are noted for the red colour imparted by the spices in the curry paste;
 - Tikka – rich in aromatic spices like coriander and ginger. Best used with white meats and fish; and
 - Vindaloo - combines tomatoes, pepper and other spices giving it a rich, tangy flavour that is both spicy and sour.
64. The difference between red and green curry paste is the colour of the chilies used in the preparation, red curry paste being made from red chilies.
65. Curry Paste supplied must:

- a. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- c. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- d. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- e. meet all applicable criteria for supplying indicated in FQS.

FQS-20-14 – Liquid Smoke

Description

66. Liquid Smoke is solution of wood smoke which, when suitably diluted, can be used to impart a smoky flavour to foods. Liquid smoke is produced from smoke passed through a tube from a combustion chamber filled with select wood chips to a condenser. In the condenser, the smoke cools and forms a liquid aided by the addition of water. Liquid smoke is used as both a flavouring agent and in food preservation.

67. Wood or other plant material used for generation of smoke must not contain toxic substances either or naturally through contamination or after having been treated with chemicals, paint or impregnating materials. Wood or other plant material should also be free from any visible microbiological or fungal growth. Liquid smoke should be generated from wood and other plant material of a quality approved for food use.

68. There are various types of wood smoke, which are dependent upon the wood used to create the liquid smoke in the manufacturing process. Some of the types of liquid smoke available are **plain**, mesquite, **hickory**, applewood, and pecan.

69. Liquid Smoke supplied must:

- a. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- c. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- d. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- e. meet all applicable criteria for supplying indicated in FQS.

FQS-20-15 – Mayonnaise, Regular, **Light, Low fat, and Fat Free**

Description

70. Mayonnaise is an emulsion, a stable semi-liquid mixture in which one liquid is suspended in tiny globules throughout another. Mayonnaise shall be a combination of vegetable oil, whole egg or egg yolk, in liquid, frozen or dried form, and vinegar or lemon juice. Mayonnaise may contain water, salt, a sweetening agent, spice or other seasoning except turmeric or saffron, citric, tartaric or lactic acid, and a sequestering agent; and shall contain not less than 65 per cent vegetable oil.

71. It can vary in colour from white to cream to light yellow. Mayonnaise is available in regular, light, low fat, fat-free and cholesterol free formulations. Regular mayonnaise is typically 70% to 80% fat. **“Light” mayonnaise** contains about ½ the fat of regular mayonnaise, 35% to 40% fat, while "low fat" mayonnaise products contain starches, cellulose gel, or other thickeners to simulate the texture of real mayonnaise and is about 22% - 25% fat. Fat Free mayonnaise contains no fat while cholesterol free mayonnaise may contain fat but no cholesterol.

72. Mayonnaise is often used as a condiment or as an addition to sandwich mixtures and salads. Note that commercial “salad dressing” is not mayonnaise.

73. Mayonnaise supplied must:

- a. be of the type specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) B.01.513 and B.07.404(S);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- f. meet all applicable criteria for supplying indicated in FQS.

FQS-20-16 – Miso (Fermented Soybean Paste)

Description

74. Miso is fermented soy bean paste that is used to season and thicken sauces, marinades and salad dressings, and used most commonly for Miso Soup. Miso varies in strength but is always salty. Intense heat destroys the healthful enzyme in Miso so it should be added at the end of cooking and boiling avoided. Miso comes in a variety of colours from white to yellow to red and textures from smooth to chunky depending on the length of fermentation and the addition of grains such as rice or barley.

75. As a general rule, the darker the Miso, the longer it has been fermented and the stronger and saltier it will taste. Red or brown Miso is the strongest of the Miso pastes.

76. Miso should be refrigerated and used within a few months for best flavour.

77. Miso supplied must:

- a. be of the type specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);

- e. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- f. meet all applicable criteria for supplying indicated in FQS.

FQS-20-17 – Nuts

Description

78. Any large oily kernel found within a shell and used in food is commonly called a nut. Some nuts we know as nuts are actually seeds (i.e. the Brazil nut, or legumes i.e. peanuts). The more popular nuts are almonds, cashews, macadamias, pecans, pistachios, pine nuts and walnuts. Most nuts are sold both shelled and unshelled.

79. Shelled nuts come in many forms including blanched or not, whole, halved, chopped, sliced, slivered or ground. Shelled nuts come raw, dry-roasted, oil-roasted, with or without salt, smoked, candied and with various savory flavours added. Nuts are sold in plastic bags, boxes, and vacuum-packed in cans and jars to preserve their freshness.

80. When buying unshelled nuts in bulk, choose nuts that are heavy for their size and that have solid shells, which are free of cracks and holes. The nut's kernel should not be loose enough to rattle when shaken. Shelled nuts should be plump, crisp, and uniform in size and colour.

81. Nuts should be purchased as fresh as possible. Because of their high fat content, rancidity is always a hazard. Nuts should be stored airtight in a cool place. Shelled nuts can be refrigerated for up to four months and frozen for up to six months. As a rule, unshelled nuts will keep about twice as long as shelled.

82. Common nut by-products include meal or flour and nut butters and oils, the most popular being almond, hazelnut, peanut and walnut oils. Nuts are high in calcium, folic acid, magnesium, potassium, Vitamin E and fibre.

83. The flavour of most nuts is enhanced by toasting. The term “tree nuts” is used to differentiate nuts from peanuts and is used on product labels.

FQS-20-17-01 – Almonds

Description

84. Almonds are the most widely-grown and eaten tree nut. Botanically-speaking, almonds are a fruit. On the tree, the fruit looks like a small, elongated peach with a hard greenish-gray husk. When mature, the husk splits open to reveal the shell which in turn contains the nutmeat. California is the world's largest producer of over 100 varieties of almonds.

85. While the almond is often eaten on its own, raw or toasted, it is also a component of various dishes. Almonds are available in many forms, such as whole, sliced (flaked, slivered), and as flour. Almonds yield almond oil and can also be made into almond butter or almond milk. These products can be used in both sweet and savoury dishes. Blanched almonds are shelled almonds that have been treated with hot water to soften the seedcoat, which is then removed to reveal the white embryo.

86. Almonds are available blanched, semi-blanched, dry (natural) and roasted. Almonds can be salted or unsalted. Almonds can be ground, sliced, slivered or whole.

87. Almonds must be supplied as specified.

FQS-20-17-02 – Cashews

Description

88. Cashews are a kidney-shaped nut that grows out from the bottom of the cashew apple. The shell is highly toxic so great care is taken in shelling and cleaning the nut. Because of the toxicity of the shell, cashews are never sold in the shell.

89. Cashew nuts have a sweet buttery flavour and contain about 48 per cent fat, Because of their high fat content; they work better than most nuts as a thickener in stews, soups and some desserts containing milk.
90. Cashews should be stored tightly wrapped and refrigerated to retard rancidity. As with most nuts, roasting cashews brings out their nutty flavour. Cashews are available raw or roasted, salted or unsalted.
91. Unless otherwise specified, cashews should be supplied roasted and unsalted.

FQS-20-17-03 – Pecans

Description

92. Pecans are native to America and are a member of the hickory family. Pecans have a fat content of over 70 per cent. The nut's smooth, tan, shell averages about one inch (2.5 cm) in length and although hard is relatively thin. The buttery-rich kernel is golden brown on the outside and beige inside. Unlike most nuts, pecans have a shorter shelf life because of their high fat content. Refrigerate pecans in an airtight container for up to three months or freeze for up to six months.
93. Pecans are available as shelled or unshelled, halves or pieces, roasted or raw, salted or flavoured.
94. Unless otherwise specified, shelled, roasted, unsalted pecan pieces will be provided.

FQS-20-17-04 – Pine Nuts (Pignoli)

Description

95. Pine nuts, also called Indian nut, pinõn, pignoli, pignolia, are the edible seeds of pine trees. They are small elongated ivory-coloured seeds from pine cones, measuring about 1/2 inch long. When raw, the seeds have a soft texture and a sweet, buttery flavour. They are often lightly toasted to bring out the flavour and to add a little crunch.
96. The most commonly harvested seeds come from four particular pine tree varieties. The majority of the North American harvest comes from wild, uncultivated trees. The nuts are actually inside the pine cone, which generally must be heated to facilitate their removal. For the most part, the seeds are harvested by hand, a contributing factor to their expensive price tag.
97. There are two main varieties. Both have a thin shell with an ivory-coloured nutmeat that averages about 1/2 inch in length. The Mediterranean or Italian pine nut is from the stone pine. It is torpedo-shaped, has a light, delicate flavour and is the more expensive of the two. The stronger flavoured Chinese pine nut is shaped like a squat triangle. Its pungent pine flavour can easily overpower some foods. Pine nuts are eaten by many cultures around the world, thus they are known by many names. Probably the most popular use for pine nuts is in pesto or as a crunchy salad topper, but they are also good in desserts.
98. Because of their high fat content, pine nuts turn rancid quickly. They should be stored in an airtight container, refrigerated to up to three months and frozen up to nine months.
99. Pine nuts should be provided as specified.

FQS-20-17-05 – Walnuts

Description

100. Walnuts are round, single-seeded stone fruit of the walnut tree. These seed kernels, available as shelled walnuts, are enclosed in a brown seed coat. Walnuts are rich and flavourful and high in beneficial omega acids. The English or Persian walnut, sometimes called a California walnut, and the American or black walnut are the two most common varieties. Walnuts have a crisp texture and the flavour of the English walnut is much milder than the American walnut.
101. The English or Persian walnut is most commonly available and used in food preparation.
102. Walnuts are available in several different types:

- a. whole and unshelled;
- b. shelled walnut halves;
- c. shelled walnut pieces; and
- d. shelled walnut pieces and halves.

103. Shelled walnuts should be refrigerated in an airtight container. Shelled walnuts will keep up to nine months refrigerated and up to two years frozen.

104. Walnuts must be supplied as specified and comply with [USDA Grades and Standards for Walnuts in the Shell](#).

105. Nuts supplied must:

- a. be of the type as specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the [Codex General Standard - Code of Hygienic Practice for Tree Nuts](#);
- f. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- g. meet all applicable criteria for supplying indicated in FQS.

FQS-20-18 – Pastry, Phyllo

Description

106. Phyllo pastry is a paper-thin sheet of dough made from water, flour and a bit of oil. It is a low fat or fat-free product.

107. Commercially packaged frozen Phyllo dough shall be in long rectangular boxes; usually with 18 to 20 sheets in each 1 lb (500 g) box.

108. Phyllo pastry supplied:

- a. must comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- c. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- d. must comply with food packaging and labelling requirements listed under [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#); and
- e. shall have normal colour, flavour and odour characteristic of the product.

FQS-20-19 – Peanut Butter**Description**

109. Peanut butter is a food product prepared from edible, clean, sound, shelled peanuts by grinding roasted mature peanut kernels from which practically all seed-coats and germ have been removed. Peanuts are a legume and not a nut and in some countries are referred to as groundnuts.

110. Peanut butter shall be of the typical colour of roasted peanuts without the off-tones created by under or over-roasting. It shall be free from any defects and shall possess a good flavour and aroma, typical of freshly roasted peanuts free from staleness, rancidity and objectionable odour of any kind.

111. Peanut butter shall be free of inorganic residue and fairly free of brown-to-black seed coat and scorched or discoloured peanut tissue. It shall be properly stabilized to minimize oil separation. The peanut butter shall consist of not less than 90% peanuts.

112. Peanut butter is available in two types:

- a. crunchy or chunky textured shall consist of smooth textured peanut butter and grainy particles or chunks. The grainy particles or chunks shall not be less than 1.5 mm in diameter and shall constitute not less than 15 per cent and not more than 25 per cent of the mass; and
- b. smooth-textured with no perceptible grainy peanut particles.

113. No additives shall be included other than salt, sweetening agents, monoglycerides, hydrogenated and/or unmodified vegetable oils.

114. Peanut butter that is labelled as “all natural” peanut butter contains only peanuts and no additives and tends to separate. For use in baking or cooking, commercial peanut butter is recommended instead of the “all natural” type.

115. Peanut Butter supplied must:

- a. be of the type specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the [Codex Alimentarius Code of Hygienic Practice for Groundnuts \(Peanuts\)](#);
- f. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- g. meet all applicable criteria for supplying indicated in FQS.

FQS-20-20 – Plant Based (Non-Dairy) Beverages**Description**

116. Plant based beverages are made from a variety of plant sources such as almond, cashew, coconut, and soy beans and are a healthy alternative to dairy beverages. Plant-based beverages can be used a substitute for cow’s milk for those who are lactose intolerant, vegetarian, or have dairy allergies. In addition to being free of lactose, most plant-based beverages are cholesterol free and low in saturated fat.

117. Since plant-based beverages are used as a substitute for milk, manufacturers enrich their products with the nutrients that are missing from their products such as calcium and Vitamin D.

FQS-20-20-01 – Almond Beverage

Description

118. Almond beverage is made from ground almonds and water and is available in original, unsweetened, vanilla and chocolate varieties. It has a slightly nutty flavour and is thinner in texture than cow's milk.

119. Almond beverage has approximately 40 calories per 8 ounce serving of unsweetened and unflavoured almond milk. There are approximately three grams of fat per eight ounce serving, and zero grams of saturated fat and is cholesterol free. It is not a significant source of protein or fiber. A serving of almond milk contains approximately 20% of the recommended daily allowance (RDA) of calcium, 25% of Vitamin D, and 50% of Vitamin E.

FQS-20-20-02 – Soy Beverage (Soymilk, Soya milk)

Description

120. Soy milk is a plant-based beverage made by grinding dry soybeans with water. Soy milk has a slight soybean flavour and a creamy texture; however the flavour and texture may vary by brand and variety. Soy milk is available in a variety of levels and types of fat, sugar content, and flavours. Soy milk is available either fresh, as a product that requires refrigeration, or as a shelf stable product. Both products stay fresh, refrigerated, for 7 to 10 days after opening. Soy milk can be used in cooking as a substitute for cow's milk.

121. Soy milk must be supplied in the variety specified.

122. Plant-based beverage products supplied:

- a. must comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- c. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- d. must be the type and pack size specified;
- e. must be fortified with Vitamin D and calcium in accordance with the [Codex Alimentarius General Principles for the Addition of Essential Nutrients to Foods](#); and
- f. shall have normal colour, flavour and odour characteristic of the product.

FQS-20-21 - Salsa

Description

123. Salsa is the Spanish or Italian term for sauce. In English-speaking countries, the word "salsa" usually refers to the sauces typical of Mexican cuisine. In American-style Mexican food, a chunkier style of salsa can also be called pico de gallo. They are often tomato-based and can range from mild to hot in their flavour intensity. Salsa is available as mild, medium or hot and also as a thick and chunky style.

124. Most jarred, canned, and bottled salsa sauces sold commercially typically have a semi-liquid texture. To increase their shelf lives, these salsas have been cooked to a temperature of 79°C (175 °F). Some salsas have added vinegar, and some use pickled peppers instead of fresh ones. Tomatoes, a key ingredient, are strongly

acidic by nature, which, along with the heat processing, is enough to stabilize the product for grocery distribution.

125. Fresh salsa, is also available, usually in plastic containers, and must be kept refrigerated. Fresh salsa is usually more expensive and has a far shorter shelf life than canned or jarred salsa. It may or may not contain vinegar. Fresh salsa is normally used as a dip.

126. Salsa should be supplied in the style and heat level specified.

127. Salsa supplied must:

- a. be of the type, quality and pack size specified;
- b. have normal colour, flavour and odour characteristic of the product;
- c. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- d. meet all the requirements of the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- e. comply with food packaging and labelling requirements listed under the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- f. come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- g. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- h. meet all applicable criteria for supplying indicated in FQS.

128. Salsa is unacceptable if it does not meet the specified requirements.

FQS-20-22 – Seeds

FQS-20-22-01 –Flax Seeds

Description

129. Flax seeds (or linseed) are oval, flat shaped seeds that are slightly larger than sesame seeds. They have a crisp, chewy texture with a nutty flavour. Flax seeds can be brown or yellow in colour.

130. Flax seed can be found in three different forms :

- a. Whole flax seeds : These are often added to bread products to add texture and fibre;
- b. Ground flax seeds : These are added to foods for flavour and their nutrients; and
- c. Flaxseed or linseed oil : This oil is made from flax seeds and is often sold on its own in grocery stores or used in items like salad dressings.

131. Flax seeds supplied must:

- a. be of the variety as specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);

- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the [Codex Alimentarius - General Principles of Food Hygiene](#);
- f. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- g. meet all applicable criteria for supplying indicated in FQS.

132. Unacceptable flax seeds are not uniform in colour, and are not of the form specified.

FQS-20-22-02 – Sesame Seeds

Description

133. Sesame seeds are the seed of the sesame tree and used as one of the oldest oil crops known. With a rich nutty flavour, sesame seeds are a common ingredient in cuisines across the world.

134. Sesame seeds are small. The size, form and colours vary with the thousands of known varieties. The seeds are small, about 3 to 4 millimeters long by 2 millimeters wide and 1 millimeter thick. Sesame seeds are ovate, slightly flattened and somewhat thinner at the eye of the seed than at the opposite end. The weight of the seeds is between 20 and 40 mgs. The seed coat may be smooth or ribbed. After harvesting, the seeds are usually cleaned and hulled. In some countries, once the seeds have been hulled, they are passed through an electronic colour-sorting machine that rejects any discoloured seeds to ensure perfectly coloured sesame seeds. This is done because sesame seeds with consistent appearance are perceived to be of better quality by consumers, and sell for a higher price. Immature or off-sized seeds are removed and used for oil production.

135. Sesame seeds come in many colours depending on the type. The most common variety of sesame is off-white in colour. Other common colours of sesame seeds are buff, tan, gold, brown, reddish, gray and black. Sesame seeds are normally sold unsalted.

136. Sesame seed is sometimes sold with its seed coat removed (decorticated). This is the variety used on breads and other foods.

137. All sesame seeds supplied will be uniform in colour, decorticated and of the variety specified.

138. Sesame seeds supplied must:

- a. be of the variety as specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the [Codex Alimentarius - General Principles of Food Hygiene](#);
- f. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- g. meet all applicable criteria for supplying indicated in FQS.

139. Unacceptable sesame seeds are not uniform in colour, still have their husks and are not of the variety specified.

FQS-20-22-03 – Pumpkin Seeds**Description**

140. Pumpkin seeds or pepitas are the seed of the pumpkin and other squashes. They are used primarily in Mexican cuisine. The term can refer either to the hulled kernel or unhulled whole seed but this term most refers to the roasted end product.

141. Pumpkin seeds are typically rather flat and asymmetrically oval, and light green in color and may have a white outer hull. Some cultivars are hullless, and are grown only for their seed. The seeds are nutrient-rich, with especially high content of protein, dietary fiber and numerous micronutrients.

142. Pumpkin seeds are sold in many forms. The most common types of pumpkin seeds sold are roasted and hulled or unhulled. Unhulled roasted pumpkin seeds are sold salted or unsalted and in a variety of flavours. Unhulled roasted pumpkin seeds are usually eaten as snack. Hulled pumpkin seeds are available raw or roasted and salted or unsalted

143. All pumpkin seeds supplied will be hulled and of the variety specified.

144. Pumpkin seeds supplied must:

- a. be of the variety as specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the [Codex Alimentarius - General Principles of Food Hygiene](#);
- f. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- g. meet all applicable criteria for supplying indicated in FQS.

145. Unacceptable pumpkin seeds still have their hulls and are not of the variety specified.

FQS-20-22-04 – Sunflower Seeds**Description**

146. The sunflower seed is the fruit of the sunflower. When dehulled, the edible remainder is called the sunflower kernel or heart. Sunflower seeds are more commonly eaten as a healthful snack than as part of a meal. They can also be used as garnishes or ingredients in various recipes. The seeds may be sold as in-shell seeds or as dehulled kernels.

147. Dehulled kernels are mechanically processed to remove the hull. These kernels may be sold raw or roasted. These dehulled kernels are sometimes added to bread and other baked goods for their flavor.

148. Sunflower seeds are sold in many forms. The most common types of sunflower seeds sold are roasted and hulled or unhulled. Unhulled roasted sunflower seeds are sold salted or unsalted and in a variety of flavours. Unhulled roasted sunflower seeds are usually eaten as snack. Hulled sunflower seeds are available raw or roasted and salted or unsalted

149. All sunflower seeds supplied will be hulled and of the variety specified.

150. Sunflower seeds supplied must:

- a. be of the variety as specified;
- b. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the [Codex Alimentarius - General Principles of Food Hygiene](#);
- f. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- g. meet all applicable criteria for supplying indicated in FQS.

151. Unacceptable sunflower seeds still have their hulls and are not of the variety specified.

FQS-20-22-05 – Tahini (Tahini Paste, Tahina, Sesame Paste)

Description

152. Tahini is a 100 per cent food product made by grinding peeled and roasted sesame seeds. Plain, unprocessed sesame paste with no added ingredients is sometimes known as "raw tahini" Tahini is made from sesame seeds that are soaked in water and then crushed to separate the bran from the kernels. The crushed seeds are soaked in salt water, causing the bran to sink. The floating kernels are skimmed off the surface, toasted, and ground to produce an oily paste.

153. Because of tahini's high oil content, many manufacturers recommend refrigeration to prevent spoilage. This is particularly true among makers of raw, organic tahini, who will often prepare their tahini at low temperatures and ship and store it under refrigeration to maximize quality and shelf life. Tahini will sometimes separate and there will be oil on the surface of the container. This oil should be stirred into the product before use.

154. Tahini is used as a dip on its own or as a major ingredient for hummus and other Middle Eastern dishes. It can be eaten like peanut butter on toast. Tahini has higher levels of fiber and calcium and lower levels of sugar and saturated fats than peanut butter.

155. Tahini supplied must:

- a. be smooth;
- b. have no visible sesame seed particles;
- c. be of the pack size specified;
- d. have normal colour, flavour and odour characteristic of the product;
- e. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- f. meet all the requirements of the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);

- g. comply with food packaging and labelling requirements listed under [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- h. come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- i. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- j. meet all applicable criteria for supplying indicated in FQS.

FQS-20-23 – Sun-Dried Tomatoes (Dried or Packed in Oil)

Description

156. Sun-dried tomatoes are ripe tomatoes from which the water has been removed. These tomatoes are usually pre-treated with sulfur dioxide or salt before being placed in the sun in order to improve quality. Typically, tomatoes spend 4-10 days in the sun in order for the sun-drying process to be complete. Cherry types of tomatoes will lose 88 per cent of their initial (fresh) weight, while larger tomatoes can lose up to 93 per cent during the process. As a result, it takes anywhere from 8 to 14 kilos of fresh tomatoes to make a single kilo of sun-dried tomatoes.

157. After drying, the tomatoes retain their nutritional value. Sun-dried tomatoes are high in lycopene, antioxidants, and vitamin C. The final products may contain up to 2-6 per cent sodium and could provide a significant contribution to the day's intake.

158. Sun-dried tomatoes can be used in a wide variety of recipes and come in a variety of shapes, colours, and tomatoes. Traditionally, they were made from dried red plum tomatoes, but they can be purchased in yellow varieties. Sun-dried tomatoes are available dry, in the form pastes or purées or **preserved in olive oil**. Other ingredients such as rosemary, basil, dried paprika, and garlic may be added to the sun-dried tomatoes packed in oil.

159. Sun-dried tomatoes must be supplied as specified.

160. Sun-dried tomatoes supplied must:

- a. be of the type, quality and pack size specified;
- b. have normal colour, flavour and odour characteristic of the product;
- c. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- d. meet all the requirements of the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- e. meet the [Codex Standard for Preserved Tomatoes](#);
- f. comply with food packaging and labelling requirements listed [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- g. come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- h. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Food Additives](#); and
- i. meet all applicable criteria for supplying indicated in FQS.

FQS-20-24 – Soy Products

FQS-20-24-01 – Edamame (Beans)**Description**

161. Edamame or Edamame beans is the Japanese name for green or immature soy beans still in the pod or shelled. Because the beans are young and green when they are picked, edamame soybeans are soft and edible, not hard and dry like the mature soybeans which are used to make soy milk and tofu. Edamame is usually available frozen, either in the pod or shelled.

162. The pods or beans are boiled or steamed and served with salt. The beans can be dried and salted and eaten as a snack. Edamame are easy to digest, and high in protein (1/2 cup contains 16 grams).

163. Edamame beans must be supplied as specified.

FQS-20-24-02 – Soy Protein Products**Description**

164. Soy Protein Products (SPP) are produced by the reduction or removal from soybeans of certain of the major non-protein constituents such as water, oil, carbohydrates, achieving a protein content of:

- a. in the case of soy protein flour (SPF) 50% or more and less than 65%;
- b. in the case of soy protein concentrate (SPC) 65% or more and less than 90%; and
- c. in the case of soy protein isolate (SPI) 90% or more.

FQS-20-24-03 – Tofu**Description**

165. Tofu also known by the name of Soybean curd is prepared from dried soybeans that are soaked in water, pureed, and strained to produce soybean-based beverage. The beverage is then made into a curd with a coagulant and placed in a mould. Tofu products can be divided into fresh and processes categories.

166. Varieties: Fresh tofu can be divided into soft, firm and extra-firm varieties:

- a. **Soft/Silken Tofu:** Tofu that is not drained or pressed. It contains the highest moisture content of all fresh tofu. Silken tofu is produced by coagulating soy milk without curdling it. Silken tofu is available in several consistencies, including "soft" and "firm", but all silken tofu is more delicate than regular firm tofu (pressed tofu).
- b. **Firm Tofu:** Although drained and pressed, this form of fresh tofu still contains a great amount of moisture. It has the firmness of raw meat but bounces back readily when pressed. The texture of the inside of the tofu is similar to that of firm custard.
- c. **Extra Firm Tofu:** Extra firm tofu is a prepared "dried" tofu thread where a large amount of liquid has been pressed out. It contains the least amount of moisture of all fresh tofu and has the firmness of fully cooked meat and a somewhat rubbery feel. When sliced thinly, this tofu will crumble easily.

167. Soy Protein Product supplied must:

- a. be of the type specified and pack size specified;
- b. must have a shelf life as specified in Tables in the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- c. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);

- d. must come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- e. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius – Standard for Soy Protein Products](#);
- f. be prepared in accordance with the appropriate sections of the [Codex Alimentarius - General Principles of Food Hygiene](#);
- g. shall be free from heavy metals in amounts which may represent a hazard to health;
- h. meet all applicable criteria for supplying as indicated in FQS; and
- i. comply with the maximum levels (MLs) of the [General Standard for Contaminants and Toxins in Food and Feed \(CODEX STAN 193-1995\)](#) – Adopted in 2013.

FQS-20-24-04 – Tempeh

Description

168. Tempeh is a high protein, white, cake made from partially cooked and fermented soybeans. It is prepared from dehulled boiled or steamed soybeans through solid state fermentation with certain fungi or bacteria (starter). As the soybeans ferment, they become bound together in a slab.

169. Packaged and sold refrigerated, tempeh has a distinctive aroma, sharp flavour, and a firm texture. Grains such as millet, wheat, or rye may be added to tempeh to soften the flavour. Tempeh is perishable so has a short shelf life and must be kept refrigerated. Unused tempeh can be stored in an airtight refrigerated for up to 7 days. A slight white mold on tempeh is normal.

170. Tempeh must be cooked before eating and is usually cut into slices, strips or cubes or crumbled before cooking. It substitutes well for meat in sauces, stir frying or sautéing and pairs well with mushrooms.

171. Tempeh and tofu are not interchangeable. Tempeh has different nutritional characteristics and textural qualities. Tempeh's fermentation process and its retention of the whole bean give it a higher content of protein, dietary fiber and vitamins compared to tofu, as well as firmer texture and stronger flavour.

172. Tempeh supplied:

- a. must comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. must comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- c. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- d. comply with the maximum levels (MLs) of the [General Standard for Contaminants and Toxins in Food and Feed \(CODEX STAN 193-1995\)](#) – Adopted in 2013;
- e. must comply with the [Codex General Standard for Soy Protein Products](#);
- f. must be covered by the provisions of this standard be prepared in accordance with the appropriate sections of [Codex Alimentarius - General Standard for Food Additives](#);
- g. must meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius – General Standard for Tempeh](#);

- h. must be covered by the provisions of this standard be prepared in accordance with the appropriate sections of the Recommended International [Codex Alimentarius - General Principles of Food Hygiene](#);
 - i. must be covered by the provisions of this standard and be prepared in accordance with the Recommended International [Codex Alimentarius - General Principles of Food Hygiene](#));
 - j. be compact and not easily disintegrated upon cutting with knife; be of a white colour; have nutty, meaty and mushroom-like flavour; and
 - k. meet all applicable criteria for supplying as indicated in FQS.
173. Tempeh is unacceptable if:
- a. it is slimy;
 - b. it has red, yellow or green coloured mold; and/or
 - c. it has a strong smell of ammonia.

FQS-20-24-05 – Textured Vegetable Protein (TVP)

Description

174. Textured Vegetable Protein (TVP) also known as textured soy protein (TSP) or soy meat or soy chunks is a meat substitute made from soybeans without the characteristics of tofu or tempeh. The TVP granules swell up to twice their volume when cooked, taking on the texture of ground meat.

175. Textured Vegetable Protein (TVP) is produced by the reduction or removal from vegetable materials of certain of the major non-protein constituents (water, oil, starch, other carbohydrates) in a manner to achieve a protein (N 6.25) content of 40% or more. The protein content is calculated on a dry weight basis excluding added vitamins, minerals.

176. TVP is often used as a meat extender or as a meat substitute, a low cost/high nutrition extender. It is versatile and different forms can take on the texture of whatever meat it is substituting.

177. Textured Vegetable Protein Product supplied must:

- a. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) and the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- c. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- d. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Vegetable Protein Products](#);
- e. shall be free from heavy metals in amounts which may represent a hazard to health; and
- f. meet all applicable criteria for supplying indicated in FQS.

FQS-20-25 – Vanilla Extract

Description

178. Vanilla is a flavour enhancer that enhances the ability to taste other foods including chocolate, coffee, fruit, and nuts, and boosts the perception of sweetness. Pure vanilla extract shall be a solution containing the flavor compound vanillin as the primary ingredient. Pure vanilla extract is made by macerating and percolating

vanilla pods, the dried, cured fruit of *Vanilla planifolia*, or *Vanilla tahitensis*; in a solution of ethyl alcohol and water. Pure vanilla extract should be dark brown, the colour of the pods used in the extraction process.

179. Imitation vanilla extract contains vanillin made either from guaiacol or from lignin, a by-product of the wood pulp industry. Imitation vanilla extract is normally made brown with caramel coloring, to resemble natural vanilla extract, but a clear version is available for commercial bakers. Clear imitation vanilla extract is almost only specified for use in a white icing, where even a little brown extract will muddy the color.

180. Vanilla extracts supplied must:

- a. be of the type, quality, colour, and pack size specified;
- b. have normal colour, flavour and odour characteristic of the product;
- c. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- d. meet all the requirements of the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\) – Part B Division 10](#);
- e. comply with food packaging and labelling requirements listed under [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- f. come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#); and
- g. meet all applicable criteria for supplying indicated in FQS.

FQS-20-26– Vinegars

Description

181. Vinegar shall be the liquid obtained by the acetous fermentation of an alcoholic liquid and shall contain not less than 4.1 per cent and not more than 12.3 per cent acetic acid. Vinegar, the product of two stages of fermentation, can be made from almost any liquid. In the first fermentation, the action of yeast converts the sugar to alcohol. In the second stage, bacteria convert the alcohol to acetic acid. Vinegars are made from fruit or grain products. The “mother (of vinegar)” is a wispy residue that forms at the bottom of the bottle of some wine vinegars. This is harmless, does not impact on the taste or quality of the product and can be filtered or strained from the vinegar.

182. All vinegars, being acidic, are corrosive and should be prepared and stored in glass or stainless steel containers.

FQS-20-26-01 – Balsamic Vinegar

Description

183. Balsamic Vinegar is an aromatic, aged product and falls into two categories:

- a. Traditional – made from the juices of white grapes and only in the provinces of Modena and Reggio in Northern Italy. It is dark brown, sweet and has a complex flavour. Depending on their age, these vinegars can be very expensive. By law, this balsamic contains no added wine vinegar. Its guarantee of authenticity is the word *tradizionale* or *DOC* on its label. It is aged 12 to 25 years. It is always used sparingly as a sauce or condiment, by the drop to flavour dishes or with fresh fruit.
- b. Commercial – a cheaper form, often known as “Balsamic vinegar of Modena”. It is typically made with concentrated grape juice mixed with strong vinegar, then coloured and slightly sweetened with caramel and sugar. The quality of the commercial category of balsamic vinegar varies.

184. Balsamic vinegar contains no balsam and regardless of how it is made, must be made of a grape product. Its high level of sweetness often masks its acidity.

185. Balsamic vinegar is often used in sauces, salad dressings and on fruit.

FQS-20-26-02 – Cider Vinegars – Apple Cider, Cider

Description

186. Cider vinegars, made from apple cider or apple must (the solid product from cider making) resulting from the fermentation of apples. Sometimes labelled apple cider vinegar, these full-bodied vinegars usually have about 5 per cent acetic acid. Cider vinegars often have a “mother”. These golden brown coloured vinegars are often used in pickling.

187. The two main types of cider vinegars are filtered and unfiltered. All cider vinegar supplied should be filtered and have at least 5 per cent acidity.

FQS-20-26-03 – Rice Vinegar

Description

188. Rice vinegar, sometimes called rice wine vinegar, is made from the fermentation of rice or rice wine. It is weaker in acid content at 4 per cent than most types of vinegar, which gives it a milder flavour. It is available in "white" (light yellow), red, and black varieties. The Japanese prefer light rice vinegar for the preparation of sushi rice and salad dressings. Red rice vinegar traditionally is coloured with red yeast rice. Black rice vinegar (made with black glutinous rice) is most popular in China, and it is also widely used in other East Asian countries. Seasoned rice vinegar contains sugar, spices and/or salt for extra flavour.

189. Unless otherwise specified, white or light yellow rice vinegar is to be supplied.

FQS-20-26-04 – White Vinegar – Distilled White Vinegar, Distilled Vinegar

Description

190. White vinegar (also known as distilled white vinegar or distilled vinegar) is made from grain and water. It is based on a dilute distilled alcohol fermented to about 5 per cent acetic acid content.

191. Ethyl alcohol, also called ethanol, may be used to prepare white vinegar. This alcohol normally comes from plant or based sources. Acid fermentation is the second process involved in the distillation of white vinegar. During this stage, bacteria called Acetobacter react with oxygen to enable oxidation of alcohol. The result is conversion of the alcohol into acide, produced during alcoholic fermentation stage.

192. The terms “vinegar”, “white vinegar”, “distilled white vinegar” and “distilled vinegar” are used interchangeably.

193. Unless otherwise specified, white vinegar shall be provided.

FQS-20-26-05 – Wine Vinegars – Red, White and Champagne

Description

194. Wine vinegars are made from wine and may contain caramel as a colourant. There are several different qualities of wine vinegar. The longer the wine vinegar matures, the better it is. As with wine, there is a considerable range in quality. Better-quality wine vinegars are matured in wood for up to two years, and exhibit a complex, mellow flavour. Wine vinegar tends to have a lower acidity than white or cider vinegars. More expensive wine vinegars are made from individual varieties of wine, such as champagne, sherry, or pinot gris.

195. The three most common types of wine vinegar are:

- a. red wine vinegar (the strongest in flavour);
- b. white wine vinegar; and

- c. champagne vinegar (the lightest in flavour).

196. Each has an acetic acid content of about 7 per cent. Wine vinegars are recommended for dressings and marinades and for making herb or spice vinegars.

197. Vinegars supplied must:

- a. be of the type, quality and pack size specified;
- b. have normal colour, flavour and odour characteristic of the product;
- c. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- d. meet all the requirements of the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#) – Part B Division 19;
- e. comply with food packaging and labelling requirements listed under [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- f. come from a facility that meets HACCP criteria as outlined in the Annex to the [Codex Alimentarius - General Principles of Food Hygiene](#);
- g. meet the essential composition and quality and nutritional factors (or the equivalent of the country of origin) as outlined in the [Codex Alimentarius - General Standard for Vegetable Protein Products](#); and
- h. meet all applicable criteria for supplying indicated in FQS.

FQS-20-27 – Yeast

Description

198. Yeast is made up of a single-celled organism, which multiplies rapidly when fed sugar in a moist environment. When activated by warm liquid, and fed by sugar or starch, the yeast releases tiny bubbles of carbon dioxide gas. This gas is what makes the dough rise and achieve its light texture after baking. Yeast should always be at room temperature to begin a recipe. There are three basic types of yeast available.

199. The three basic types of yeast are:

- a. **(Original) Active Dry Yeast** – highly stable and reliable in its performance. Not recommended for recipes that call for instant or rapid rise yeast. Added to warm liquid and then to dry ingredients. Available in single-use packets that contain about 12.5 ml or 2-1/2 tsp of yeast granules or 120 ml or 4 ounce glass jars;
- b. Fresh Active Yeast – the traditional form of yeast, available in cake form and requires refrigeration. This type of yeast is often known as compressed or cake yeast. It has a shorter shelf-life than the granular yeasts. To use, crumble into the dry ingredients or first soften with tepid water 20o-32o C (70°–90°F) before use; and
- c. **Fast-rising Active Dry Yeast** - Fast-rising active dry yeast is smaller-grained than conventional active dry yeast. This type of yeast speeds rising times by as much as fifty percent and only requires one rise. This yeast is mixed directly with the dry ingredients before adding liquid. Available in single use packets that contain about 12.5 ml or 2 ½ tsp of yeast granules.

200. If the dry yeast is stored in airtight packaging, in a cool dry place, it is not necessary to refrigerate it. Fresh yeast must always be refrigerated. All yeast should be kept refrigerated, once opened.

201. Yeast must be supplied in the type and package specified.

202. Yeast supplied must:

- a. comply with the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#);
- b. comply with food packaging and labelling requirements specified by the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#) and [Food and Drug Regulations \(C.R.C., c. 870\)](#), the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- c. come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
- d. comply with food packaging and labelling requirements listed under [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
- e. be of the type specified; and
- f. shall have normal colour, flavour and odour characteristic of the product.

Applicable Regulations and Resources for Miscellaneous Grocery

[Food and Drug Regulations \(C.R.C., c. 870\)](#)

[Food and Drug Regulations \(C.R.C., c. 870\), Division 4, Cocoa and Chocolate Products](#)

[Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#)

[Food and Drug Regulations \(C.R.C., c. 870\), Division 3, Baking Powder](#)

[Food and Drug Regulations \(C.R.C., c. 870\), Division 10, Flavouring Preparations](#)

[Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#)

[Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#)

[Processed Products Regulations \(C.R.C., c. 291\)](#)

[Canada Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#)

[Codex Alimentarius - General Principles of Food Hygiene](#)

[Codex General Standard for Vegetable Protein Products \[CODEX STAN 174-1989\]](#)

[Codex Alimentarius – General Standard for Tempeh](#)

[Codex Alimentarius - General Standard for Food Additives](#)

[Codex Alimentarius – Standard for Soy Protein Products](#)

[Codex Alimentarius – Code of Hygienic for Aqueous Coconut Products](#)

[Codex Standard 87-1981 – Standard for Chocolate and Chocolate Products](#)

[Codex Standard for Cocoa powders \(cocoas\) and dry mixtures of cocoa and sugars \[CODEX STAN 105-1981\]](#)

[Codex Code of Practice for the Prevention and Reduction of Ochratoxin A Contamination in Cocoa \[CAC/RCP 72-2013\]](#)

[The National Dairy Code Production and Processing Regulations](#)

[Codex Standard for Canned Salmon \[CODEX STAN 3-1981\]](#)

[Canadian Food Inspection Agency \(CFIA\) - Standards and Methods Manual, Chapter 2 - Canned Products](#)

[Canadian Food Inspection Agency \(CFIA\) - Standards and Methods Manual, Chapter 2 - Canned Products \[Standard 8 - Canned salmon\]](#)

[Canadian Food Inspection Agency \(CFIA\) - Standards and Methods Manual, Chapter 2 - Canned Products \[Standard 1 - Canned tuna\]](#)

[General Standard for Contaminants and Toxins in Food and Feed \(CODEX STAN 193-1995\)](#)

[Codex Standard for Canned Tuna and Bonito \[CODEX STAN 70-1981\]](#)

[Codex Standard for Canned Shrimps or Prawns \[CODEX STAN 37-1991\]](#)

[Codex Code of Practice for Fish and Fishery Products \[CAC/RCP 52-2003\]](#)

[Codex Standard for Processed Tomato Concentrates](#)

[Codex General Standard - Code of Hygienic Practice for Tree Nuts](#)

[Codex Alimentarius Code of Hygienic Practice for Groundnuts \(Peanuts\)](#)

[Codex Alimentarius General Principles for the Addition of Essential Nutrients to Foods](#)

[Codex Code of Hygienic Practice for Aseptically Processed and Packaged Low-Acid Foods \[CAC/RCP 40-1993\]](#)

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Codex Code of Hygienic Practice for Low-Acid and Acidified Low-Acid Canned Foods [CAC/RCP 23-1979]

USDA Grades and Standards for Walnuts in the Shell

Fisheries and Oceans Canada