



Government
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Canada

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

Bread and Baked Products

April 1, 2018

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

FQS-34 – Bread and Baked Products

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 **brown**.

FQS-34-01 – Bread

FQS-34-02 – Bread Products

FQS-34-03 – Flat Bread Products

FQS-34-04 – Annex A – Acceptable Product Listed

FQS-34-04-01 – Annex A – Sliced Bread

FQS-34-04-02 – Annex A – English Muffins

FQS-34-04-03 – Annex A – Bagels

FQS-34-04-04 – Annex A – Tortillas

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Applicable Regulations and Resources for Bread and Baked Products Bread and Baked Products

FQS-34-01 – Bread

Description

1. Bread is a staple food prepared by cooking dough made with yeast as the leavening agent, flour as the main ingredient, and liquid, water or milk, and other ingredients such as fats, sugars and salt, dependent upon the type of bread. Loaves of bread procured shall be sweet and wholesome, well risen and well baked with even bloom. They shall be free from burnt crust and be uniform in size. The crumb shall be a good even texture and the bread shall be free from dough spots, lumps or indication of mould or rope.
2. Rope is the name given to a bread disease which results in breaking down the starch and protein of the loaf producing a discoloured and sticky condition in the crumb which is accompanied by a characteristic disagreeable odour and nauseating taste. Ropiness in bread is not noticeable directly after baking but usually makes its appearance from 12 to 36 hours after the bread has left the oven.

FQS-34-01-01 – Table 1: Types of Bread

Type	Description	Requirements [All bread products must be fresh, not frozen or previously frozen unless otherwise specified]
White Bread	Made by baking yeast-leavened dough prepared with flour and water and may contain: salt, shortening, lard, butter or margarine; milk or milk product; whole egg, egg-white; egg-yolk, (fresh, dried, or frozen); a sweetening agent; and other ingredients indicated in Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.021. White bread shall be white and creamy in colour and free of grayness.	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.021. The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.
French or	A variant of white bread made by baking yeast-	Must comply with Food and Drug

Type	Description	Requirements [All bread products must be fresh, not frozen or previously frozen unless otherwise specified]
Italian-style Bread	leavened dough prepared with flour, water, sugar and salt with no other ingredients, indicated in Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.021 . French or Italian style bread shall be white and creamy in colour, free of grayness and have a hard crust.	Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.021 . The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.
Enriched White Bread	Made from dough in which enriched flour is the only wheat flour used and contains ingredients of the type and amounts indicated in the Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.022 . Enriched white bread shall be white and creamy in colour and free of grayness.	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.022 . The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.
Whole Wheat Bread	Made from dough of which the named percentage of the flour used shall be whole wheat flour and shall contain not less than 60 per cent whole wheat in relation to the total flour used and contains ingredients of the type and amounts indicated in the Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.026 .	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.026 . The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.
Brown Bread	Bread coloured by the use of whole wheat flour, graham flour, bran, molasses or caramel.	Must comply Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.027 . The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.
Raisin Bread	Bread that contains for each 100 parts by weight of flour used not less than 50 parts by weight of seeded or seedless raisins, or raisins and currants of which not less than 35 parts shall be raisins	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery

Type	Description	Requirements [All bread products must be fresh, not frozen or previously frozen unless otherwise specified]
	and may contain spices or peel.	<u>Products</u> B.13.025. The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.

3. Bread containing ingredients that are either not permitted in the general standard for bread (such as fruits, nuts, seeds and flavours) or other ingredients (mostly various flours, meals and starches) that are permitted in greater amounts than in the general standard.

FQS-34-01-02 - Table 2: Specialty Breads

Type of Bread	Specialty Ingredient	Minimum amount [of Specialty Ingredient as % of Flour]	Requirements
100% Multi-Grain Bread	Multi-Grain Flour	100	Must comply with <u>Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products</u> B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Graham Bread	Graham Flour	150	Must comply with <u>Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products</u> B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Milk Bread	Milk Solids	6	Must comply with <u>Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products</u> B.13.029 The minimum guaranteed shelf life after delivery shall be 72 hours.
Potato Bread	Potato	5	Must comply with <u>Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products</u> B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Honey Bread	Honey	5	Must comply with <u>Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products</u> B.13.029. The minimum guaranteed shelf life after delivery

Type of Bread	Specialty Ingredient	Minimum amount [of Specialty Ingredient as % of Flour]	Requirements
			shall be 72 hours.
Cheese Bread	Cheese	12	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Oatmeal Bread	Oats	20	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Cracked Wheat Bread	Cracked Wheat	20	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Wheat Germ Bread	Wheat Germ	2	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Egg Bread	Whole Egg Solids	1.5	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Fruit Bread or Loaf	Fruit	40	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Triticale Bread	Triticale Flour	20	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.



Type of Bread	Specialty Ingredient	Minimum amount [of Specialty Ingredient as % of Flour]	Requirements
Rye Bread	Rye Flour	20	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams, unless otherwise specified. If light rye bread is specified at least 10% of the flour shall be rye flour. If dark rye is specified at least 30% of the flour shall be rye.
Raisin Bread	Seedless Raisins	50	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.
Raisin Bread	or a mixture of Raisins Currants	35 plus – 15 (maximum)	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours. Shall not weigh less than 450 grams unless otherwise specified.
Bran Bread	> 3 g dietary fibre from wheat bran per serving	> 3 g dietary fibre from wheat bran per serving	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.
Protein Bread	Must have a protein rating of 20 or more.	Must have a protein rating of 20 or more.	Must comply with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.029. The minimum guaranteed shelf life after delivery shall be 72 hours.


FQS-34-02 – Bread Products

Description

4. Products made with flour and water, and the addition of other ingredients dependent on the product. Salt, fat and leavening agents (such as yeast and baking soda) are common ingredients. Bread products may contain other ingredients, such as milk, egg, sugar, spice, fruit (such as raisins), vegetables (such as onion), nuts (such as walnuts) or seeds (such as poppy).

FQS-34-02-01 - Table 3: Bread Products

Type of Bread Product	Description	Requirements
Bagel	Bagel is a bread product, traditionally shaped by hand into the form of a ring from yeasted wheat dough, roughly hand-sized. Bagels are first boiled water and then baked. Bagels have a dense, chewy, doughy interior with a browned and sometimes crisp exterior. Seeds such as poppy or sesame seeds can be baked on the outer crust. Bagels may also be made from dough types such as whole-grain or rye.	The minimum guaranteed shelf life after delivery shall be 72 hours. Shall be of the type or flavour specified. May be frozen, specified.
Soda Crackers 	A soda cracker is a thin, usually square cracker made from white flour, shortening, yeast, and baking soda, with most varieties lightly sprinkled with coarse salt and/or unsalted. Soda crackers may also be made with whole wheat flour. Soda crackers have perforations throughout its surface, to allow steam to escape while baking, for uniform rising, and perforated edges on the outside to allow individual crackers to be broken from sheets. It has a very dry and crisp texture.	Unless otherwise specified soda crackers must be made with whole wheat flour. Soda crackers must be provided unsalted unless otherwise specified.
English Muffins	An English muffin is a small, round, flat (or thin) type of yeast-leavened bread which is commonly served split horizontally. English muffins may be made with white or whole-grain dough and are available in flavours such as cinnamon.	The minimum guaranteed shelf life after delivery shall be 72 hours. Unless otherwise specified English Muffins must be made with whole wheat flour. Refer to para 6.f below
Kaiser Roll 	Kaiser roll is a typically crusty round bread roll. It is made from either white or whole wheat flour, yeast, malt, water, and salt. The top side is usually divided in a rotationally symmetric pattern of five segments. These segments are separated by curved superficial cuts radiating from the centre outwards or folded in a series of overlapping lobes.	The minimum guaranteed shelf life after delivery shall be 72 hours. Unless otherwise specified Kaiser rolls must be made with whole wheat flour. Kaiser rolls supplied must be 8.9 cm and weigh 60 gm. Whole wheat Kaiser rolls shall contain a minimum of 3 grams of fibre per roll.
Croissants	Croissants are a buttery, flaky, bread roll with a distinctive crescent shape. Croissants are made of	The minimum guaranteed shelf life after delivery shall be 72

Type of Bread Product	Description	Requirements
	yeast-leavened dough layered with butter, rolled and folded several times in succession, then rolled into a sheet, in a technique called laminating. The process results in a layered, flaky texture, similar to a puff pastry.	hours. Frozen croissants may be provided if specified only.
Tacos shells hard 	Taco shells are crisp corn tortillas that are deep fried in a U-shape.	Taco shells provided must be unsalted and 12.7 cm weighing 13 grams.
Vol au vent	A vol au vent is a small hollow case of puff pastry made by cutting and stacking two circles of puff pastry dough – one hollow, like a donut on top of the other, which is whole. Used for a base and filled with savoury or sweet, hot or cold fillings.	

FQS-34-02-02 - Table 4: Bread Products - Rolls

Type of Bread Product	Description	Requirements [Shall not be provided frozen or previously frozen, unless otherwise specified]
Bread Rolls	Bread rolls are yeast leavened bread products that are available in various sizes and shapes.	Bread rolls shall keep sweet, sound and palatable for 72 hours after delivery, with the exception of hard dinner rolls, which shall keep sound and palatable for 48 hours after delivery.
White rolls		Made from enriched white flour meeting the specifications in the Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B13.001. White rolls shall be white to creamy in colour and free from grayness.
Enriched white rolls		Shall meet the requirements for white rolls and contain, for each 100 parts of flour used, not less than 2 parts by mass of skim milk solids, or 4 parts by mass of dried whey powder.
Whole Wheat rolls		Shall be made from a blend in which not less than 60 % of the flour shall be good quality whole wheat flour.
Hard dinner rolls		Shall be baked to a hard crusty finish on the complete surface and shall be of the size and shape specified.
Soft dinner rolls		Shall be made from dough that contains, for each part of flour, not less than 2 parts by mass of sugar or dextrose and not less than 2 parts by mass of shortening or lard. The crust shall be



Type of Bread Product	Description	Requirements [Shall not be provided frozen or previously frozen, unless otherwise specified]
		soft to the touch. The rolls shall be of the mass, size and shape specified.
Hot dog rolls		Shall meet the same requirements as soft dinner rolls except that they shall be of the shape required for hot dogs and shall be at least 150mm long and weigh 43 gm unless otherwise specified.
Hamburger rolls, white		Shall meet the same requirements as soft dinner rolls except that they shall be of a flattened round shape required for hamburgers and shall have a diameter on not less than 75 mm and weigh 43 g unless otherwise specified. The crust on top shall be soft to the touch.
Hamburger rolls, whole wheat		Shall be made from a blend in which not less than 60% of the flour shall be good quality whole wheat flour. They shall be of a flattened round shape required for hamburgers and shall have a diameter on not less than 75 mm and weigh 43 g unless otherwise specified. The crust on top shall be soft to the touch. Whole wheat hamburger rolls shall contain a minimum of 2.5 g of fibre per roll.
Submarine rolls, white		Shall meet the same requirements for French or Italian-style bread except that they shall be of an elongated shape, similar to that required for hot dogs but wider, and shall be at least 150 mm long, and weigh at least 65 grams, unless otherwise specified.
Submarine rolls, whole wheat		Shall be made from a blend in which not less than 60% of the flour shall be good quality whole wheat flour. They shall be of an elongated shape, similar to that required for hot dogs but wider, and shall be at least 150mm long, and weigh at least 65 grams, unless otherwise specified. Whole wheat submarine rolls shall contain a minimum of 2.5 grams of fibre per roll.


FQS-34-03 – Flat Bread Products

Description




5. Flatbread is bread made with flour, water, and salt, and then thoroughly rolled into flattened dough. Many flatbreads are made without yeast, therefore are unleavened. Some are slightly leavened, such as pita bread. There are many other optional ingredients that flatbreads may contain, such as curry powder, diced jalapeños, chili powder, black pepper etc. Olive oil or sesame oil may be added. Flatbreads can range from one millimeter to a few centimeters thick.

FQS-34-03-01 – Table 5: Flat Bread Products

Type of Flat Bread Product	Description	Requirements
<p>Pita White and Whole Wheat</p> 	<p>Pita is a round slightly leavened flat bread. The “pocket” in pita bread is created by baking the pita at high temperatures, generating steam, which puffs up the dough. As the bread cools and flattens, a pocket is left in the middle. Pita bread is either round or oval and varies in size. White and whole wheat types of pita bread are available.</p>	<p>The minimum guaranteed shelf life after delivery shall be 72 hours.</p> <p>Unless otherwise specified, pita bread provided will be 16.5 cm round and weigh 60-65 grams.</p> <p>Shall not be provided frozen or previously frozen unless otherwise specified.</p>
<p>Tortilla White and Whole Wheat</p> 	<p>The Mexican tortilla is made from specially treated maize (corn) flour. Tortillas may also be made from wheat flour. The maize and wheat tortillas have different textures. The maize (corn) version is somewhat thicker and heartier in texture. The wheat version is less easily broken due to its high gluten content, and can be made larger in circumference and thinner without breaking. Tortillas are used in recipes that require a soft shell taco.</p> <p>White and whole wheat tortillas are available in 12 cm and 25 cm sizes.</p>	<p>The minimum guaranteed shelf life after delivery shall be 72 hours.</p> <p>Shall not be provided frozen or previously frozen unless otherwise specified.</p> <p>Tortillas provided must be 34 grams (12 cm) or 61 grams (25 cm) sizes as specified.</p> <p>The 25 cm whole wheat tortillas must have a minimum of 2.5 grams of fibre.</p>
<p>Focaccia</p>	<p>Focaccia is a flat oven-baked Italian bread product consisting of high-gluten flour, oil, water, salt and yeast. It is typically rolled out or pressed by hand into a thick layer of dough and then baked in a stone-bottom or hearth oven. The</p>	<p>The minimum guaranteed shelf life after delivery shall be 72 hours.</p> <p>Shall not be provided frozen</p>

Type of Flat Bread Product	Description	Requirements
	<p>top is often punctured with a knife to relieve bubbling on the surface of the bread. It may be topped with herbs or other ingredients.</p>	<p>or previously frozen, unless otherwise specified.</p>

FQS-34-03-02 – Table 6: Miscellaneous Bread Products

Type of Misc. Bread Product	Description	Requirements
<p>Croutons</p> 	<p>A crouton is a small piece of sautéed or re-baked bread; mostly cubed. They can be of any size and shape, up to a very large dice. Croutons are usually coated with a fat or oil and then baked. Croutons are available seasoned and unseasoned.</p> <p>Unseasoned (plain) croutons have no additional seasonings added.</p> <p>Seasoned croutons have seasonings such as salt, herbs and spices added before baking.</p> <p>Cheese croutons have parmesan or another dry cheese added to the croutons before baking.</p>	<p>Must be made from bread that complies with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.021 or B.13.022.</p> <p>Shall not be provided frozen unless specified.</p> <p>Croutons made from stale bread are not acceptable.</p>
<p>Bread Crumbs, plain</p> 	<p>Bread crumbs are made from dry bread which has been baked or toasted until it is crisp but not brown to remove most of the remaining moisture but not toasted so much as to add colour. After drying the bread is mechanically pulverized. Bread crumbs must be made from fresh bread as stale bread will give bread crumbs an off-flavour.</p>	<p>Must be made from bread that complies with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.021 or 13B.13.022.</p> <p>Shall not be provided frozen unless specified.</p> <p>Bread crumbs made from stale bread are not acceptable.</p>
<p>Bread Crumbs, panko</p> 	<p>Panko is a variety of Japanese-style flaky bread crumb. Panko is made from bread baked by passing an electric current through the dough, yielding bread without crusts. It has a crisper, airier texture than most types of breading found in Western cuisine and resists absorbing oil or</p>	<p>Must be made from bread that complies with Food and Drug Regulations (C.R.C., c. 870), Division 13, Grain and Bakery Products B.13.021 or</p>

Type of Misc. Bread Product	Description	Requirements
	<p>grease when fried. This results in a lighter coating.</p> <p>When Italian seasonings like oregano, garlic, basil, etc are added to plain crumbs, these are sold as Italian style Panko crumbs.</p>	13B.13.022

6. All bread, specialty breads, bread products, flat bread and bread by-products procured in Canada:
- a. must be of the type and pack size specified;
 - b. must have a shelf life as specified in Tables 1 through 6;
 - c. bread and specialty bread must be drawn from the oven not less than 12 hours or more than 24 hours before delivery;
 - d. must not have been previously frozen unless otherwise specified;
 - e. must meet the requirements as indicated in Tables 1 through 6 when appropriate, unless otherwise specified;
 - f. whole wheat and whole grain products must contain a minimum of 3 grams of fibre per serving. Annex A provides a list of products that meets this criteria;
 - g. must comply with relevant sections of Acts and Regulations listed under the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), [Food and Drug Regulations \(C.R.C., c. 870\)](#), [Canada Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#), [Canadian Food Inspection Agency Act \(S.C. 1997, c. 6\)](#), [Canada Grain Act \(R.S.C., 1985, c. G-10\)](#), and [Canada Grain Regulations \(C.R.C., c. 889\)](#);
 - h. must comply with fundamental principles related to Health and Safety listed under the [Processed Products Regulations \(C.R.C., c. 291\)](#);
 - i. must comply with the relevant sections listed under the [Canadian Food Inspection Agency - Food Safety](#);
 - j. must comply with all requirements listed under the [Canadian Grain Commission](#);
 - k. must comply with food additive regulations listed under the [Food and Drug Regulations \(C.R.C., c. 870\)](#), [Division 16, Food Additives](#);
 - l. must comply with food packaging and labelling requirements listed under the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and/or the [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - m. must comply with the relevant sections listed under the [Industry Labelling Tool \(replaces the Guide to Food Labelling and Advertising\)](#);
 - n. must be prepared and handled in accordance with essential principles of food hygiene applicable throughout the food chain (including primary production through to the final consumer), ensuring that food is safe and suitable for human consumption listed under the [Codex Alimentarius - General Standard for the Labelling of Prepackaged Foods](#), including the Annex on Hazard Analysis and Critical Control Point (HACCP) system and guidelines;
 - o. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Standard for the Labelling of Prepackaged Foods](#); and

- p. must comply with any microbiological criteria established in accordance with the [Principles and Guidelines for the Establishment and Application of Microbiological Criteria Related to Foods \[CAC/GL 21-1997\]](#).
7. All bread, specialty breads, bread products, flat bread and bread by-product procured outside Canada:
- a. must only be procured from countries that meet federal acts and regulations which govern the importation of food under the [Canadian Food Inspection Agency - Guide to Importing Food Products Commercially](#);
 - b. must be of the type and pack size specified;
 - c. must have a shelf life as specified in Tables 1 through 6;
 - d. must not have been previously frozen;
 - e. must meet the requirements as indicated in Tables 1 through 6 when appropriate, unless otherwise specified;
 - f. must comply with relevant sections of Acts and Regulations (or the equivalent in the country where procured) listed under the [Food and Drugs Act \(R.S.C., 1985, c. F-27\)](#), [Food and Drug Regulations \(C.R.C., c. 870\)](#), [Canada Agricultural Products Act \(R.S.C., 1985, c. 20 \(4th Supp.\)\)](#), [Canadian Food Inspection Agency Act \(S.C. 1997, c. 6\)](#), [Canada Grain Act \(R.S.C., 1985, c. G-10\)](#), and [Canada Grain Regulations \(C.R.C., c. 889\)](#);
 - g. must comply with fundamental principles related to Health and Safety listed under the [Processed Products Regulations \(C.R.C., c. 291\)](#);
 - h. must comply with the relevant sections listed under the [Canadian Food Inspection Agency - Food Safety](#), and [Agriculture and Agri-Food Canada \(AAFC\)](#);
 - i. must comply with all requirements listed (or the equivalent in the country where procured) under the [Canadian Grain Commission](#);
 - j. must comply with food additive regulations listed under the [Food and Drug Regulations \(C.R.C., c. 870\)](#), [Division 16, Food Additives](#); and/or
 - k. must comply with food additive classes listed under the [Codex Alimentarius - General Standard for Food Additives \[CODEX STAN 192-1995\]](#);
 - l. must comply with food packaging and labelling requirements listed under the [Consumer Packaging and Labelling Act \(R.S.C., 1985, c. C-38\)](#), and/or [Consumer Packaging and Labelling Regulations \(C.R.C., c. 417\)](#);
 - m. must comply with the relevant sections listed under the [Industry Labelling Tool \(replaces the Guide to Food Labelling and Advertising\)](#); and/or
 - n. must comply with all the requirements listed under the [Codex Alimentarius - General Standard for the Labelling of Prepackaged Foods](#);
 - o. must be prepared and handled in accordance with essential principles of food hygiene applicable throughout the food chain (including primary production through to the final consumer), ensuring that food is safe and suitable for human consumption listed under the [Codex Alimentarius - General Principles of Food Hygiene](#), including Annex on Hazard Analysis and Critical Control Point (HACCP) system and guidelines;
 - p. must come from a facility that meets HACCP criteria as outlined in the Annex to [Codex Alimentarius - General Principles of Food Hygiene](#);
 - q. must comply with other relevant Codes of Hygienic Practice and Codes of Practice recommended by the Codex Alimentarius Commission relevant to bread;

- r. must comply with all the requirements listed under the [Codex Alimentarius – Guidelines for the Use of Flavourings \[CAC/GL 66-2008\]](#); and
- s. meet all requirements of applicable local food legislation whenever those requirements are stricter. All bread must be obtained by sources approved by the applicable local and international laws, regulations, procedures and requirements.

Size

8. The usual retail and commercial standard size available in the market applicable for fresh bread and baked products unless otherwise specified.

Packaging

9. Fresh bread and baked products shall be packaged in normal retail and commercial packaging, packing, labelling and marking which safeguard the hygienic, nutritional, technological and organoleptic qualities of the food. Packaging material must be made of substances which are safe and suitable for their intended use and does not impart any toxic substance or undesirable odour or flavour to the product.

Storage and Distribution

10. All products must be delivered in clean, sanitary vehicles and in cartons, packages or trays that protects the product from dust and contamination in transit.

Applicable Regulations and Resources for Bread and Baked Products

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

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

[Food and Drug Regulations \(C.R.C., c. 870\), Division 13, Grain and Bakery Products](#)

[Food and Drug Regulations \(C.R.C., c. 870\), Division 16, Food Additives](#)

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

[Canadian Food Inspection Agency Act \(S.C. 1997, c. 6\)](#)

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

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

[Industry Labelling Tool \(replaces the Guide to Food Labelling and Advertising\)](#)

[Agriculture and Agri-Food Canada \(AAFC\)](#)

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

[Agriculture and Agri-Food Canada - Consumer Trends - Bakery Products in Canada](#)

[Canada Grain Act \(R.S.C., 1985, c. G-10\)](#)

[Canada Grain Regulations \(C.R.C., c. 889\)](#)

[Canadian Grain Commission](#)

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

[Codex Alimentarius – Guidelines for the Use of Flavourings \[CAC/GL 66-2008\]](#)

[Codex Alimentarius - General Standard for Food Additives \[CODEX STAN 192-1995\]](#)

[Codex Alimentarius - General Standard for the Labelling of Prepackaged Foods](#)

[Canadian Food Inspection Agency - Food Safety](#)

[Principles and Guidelines for the Establishment and Application of Microbiological Criteria Related to Foods \[CAC/GL 21-1997\]](#)

[Canadian Food Inspection Agency - Guide to Importing Food Products Commercially](#)

FQS 34-04 – Annex A – Bread and Baked Products

1. **Strat J4 Food Services requires that 50% of all bread served by all CAF Food Services meet the minimum criteria of 3 g of fibre per portion. Products listed meet this criteria. This is in no way viewed as the preferred brand(s) by the GC or CAF. This is shown to inform personnel of products that meet the specification requirements. Other brands/products meeting this criteria are acceptable.**

2. **List by type of bread product :**

- a. [Sliced Bread](#)
- b. [Bagel](#)
- c. [English Muffins](#)
- d. [Tortillas](#)
- e. [Pitas](#)

FQS 34-04-01 – Annex A – Table 1 – Sliced Bread

Type of Bread Product	Brand	Name	Nutrition facts according to label
Sliced Bread	Country Harvest	Seeds and grains (with flax, sunflower, sesame and rye)	1 slice (45 g) – 4 g fibre
		Prairie bran	1 slice (45 g) – 4 g fibre
		Fibre (source of fibre – Wellness)	1 slice (45 g) – 8 g fibre
	La récolte St-Méthode	Integral bread	2 slices (58 g) – 6 g fibre
	Les grains St-Méthode	Chia bread with ground flax	2 slices (80 g) – 8 g fibre
		9 whole grains bread	2 slices (80 g) – 8 g fibre
		100 % whole grain with sprouted wheat loaf	2 slices (58 g) – 7 g fibre
		Club 100 % whole wheat loaf	2 slices (75 g) – 7 g fibre
	Campagnolo	100 % whole wheat loaf	2 slices (72 g) – 7 g fibre
		100 % whole grain multigrain loaf	2 slices (64 g) – 6 g fibre
	Stone Mill	Sprouted rye and 12 grains (Honest Wellness)	2 slices (60 g) – 6 g fibre
	Dempster's	Garden vegetable 100 % WG wheat bread	2 slices (86 g) – 6 g fibre
		100 % WG 12 grain bread	1 slice (43 g) – 3 g fibre

Type of Bread Product	Brand	Name	Nutrition facts according to label
Sliced Bread		100 % WG ancient grains with quinoa bread	1 slice (43 g) – 3 g fibre
		100 % whole grains honey + oatmeal bread	1 slice (43 g) – 3 g fibre
		100 % whole grains seed lover's bread	1 slice (43 g) – 4 g fibre
		Whole grains 100 % whole wheat bread	1 slice (43 g) – 3 g fibre
	Gadoua	Whole wheat bread (moelleux)	2 slices (84 g) – 6 g fibre
		Multigrain bread (Pain de ménage)	2 slices (96 g) – 7 g fibre
		Whole wheat bread (pain de ménage)	2 slices (96 g) – 7 g fibre
	Wonder	100 % whole wheat + fibre bread	2 slices (63 g) – 6 g fibre
	Compliments	WW with flaxseed bread (Nature's blend)	1 slice (43 g) – 3 g fibre
		Whole wheat with oats bread (Nature's blend)	1 slice (43 g) – 3 g fibre
		Multigrain with sunflower seeds bread (Organic)	2 slices (85 g) – 6 g fibre
		7 grain bread (Organic)	2 slices (85 g) – 7 g fibre
	Silver Hills	Organic multigrain (exclusive to Costco)	1 slice (40 g) – 3 g fibre
		The big 16	1 slice (38 g) – 4 g fibre
		Squirrelly bread	1 slice (40 g) – 5 g fibre
		Mack's flax bread	1 slice (41 g) – 5 g fibre
		Hemptation hemp bread	1 slice (38 g) – 4 g fibre
		Steady Eddie (sweetened with apple)	1 slice (38 g) – 4 g fibre
		The king's bread (Ancient grain)	1 slice (40 g) – 4 g fibre
		Organic 20 grain Train (High in fibre)	1 slice (40 g) – 5 g fibre
		Sprouted organic ancient grains big red's bread	1 slice (34 g) – 4 g fibre
		Sprouted organic ancient grains The Queen's Khorasan	1 slice (34 g) – 4 g fibre
	Oroweat	22 grains + seeds bread (Organic)	1 slice (48 g) – 4 g fibre
		100 % whole grain bread (Organic)	1 slice (48 g) – 3 g fibre
		Extra grainy 17 grains + seeds (Extra grainy)	1 slice (43 g) – 4 g fibre
		Extra grainy cracked wheat and oats (Extra grainy)	1 slice (43 g) – 3 g fibre
		Extra grainy flax and sesame seed (Extra grainy)	1 slice (43 g) – 3 g fibre

Type of Bread Product	Brand	Name	Nutrition facts according to label
Sliced Bread		Flax and sunflower (Healthfull)	1 slice (32 g) – 3 g fibre
		Nuts and seeds (Healthfull)	1 slice (32 g) – 3 g fibre
		Steel cut oats and honey (Healthfull)	1 slice (32 g) – 3 g fibre
		12 grain (Whole grains)	1 slice (38 g) – 3 g fibre
		Healthy multi-grain (Whole grains)	1 slice (38 g) – 3 g fibre
		Double fibre (Whole grains)	1 slice (38 g) – 5 g fibre
		7 grains (Whole grains)	1 slice (38 g) – 3 g fibre
	Sunshine	Low sugar smart – Carb low GI (Wholemeal bread)	2 slices (72 g) – 8.6 g fibre
		Premium extra grain (Wholemeal bread)	2 slices (84 g) – 6 g fibre
		Canadian sprout extra fine (Wholemeal bread)	2 slices (69 g) – 6 g fibre
	Food for life	7 sprouted grains (bread)	1 slice (34 g) - 3 g fibre
		Ezekiel 4:9 (Flax sprouted WG bread)	1 slice (34 g) – 4 g fibre
		Ezekiel 4:9 (Low sodium sprouted WG bread)	1 slice (34 g) – 3 g fibre
		Ezekiel 4:9 (Sesame sprouted WG bread)	1 slice (34 g) – 3 g fibre
		Ezekiel 4:9 (Sprouted WG bread)	1 slice (34 g) – 3 g fibre
		Genesis 1:29 (Sprouted WG and seed bread)	1 slice (34 g) – 3 g fibre
	Betty	Light bread (Speciality) 100 % whole wheat bread	2 slices (47 g) – 5 g fibre
	Dave's Killer bread	21 whole grains and seeds	1 slice (45 g) – 5 g fibre
		Good seed	1 slice (45 g) – 4 g fibre
		Powerseed	1 slice (42 g) – 5 g fibre
		Blues bread (with corn meal crust)	1 slice (42 g) - 4 g fibre
		Honey Oats and flax	1 slice (42 g) – 3 g fibre
		100 % whole wheat	1 slice (42 g) – 3 g fibre
	21 whole grains and seeds (thin-sliced)	1 slice (28 g) – 3 g fibre	
	Good seed (thin-sliced)	1 slice (28 g) – 3 g fibre	
	Powerseed (thin-sliced)	1 slice (28 g) – 4 g fibre	
	White bread done right (thin-sliced)	1 slice (28 g) – 1 g fibre	

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Type of Bread Product	Brand	Name	Nutrition facts according to label
Sliced Bread		Sprouted whole grains (thin-sliced)	1 slice (28 g) – 2 g fibre
		100 % whole wheat (thin-sliced)	1 slice (28 g) – 2 g fibre
	Little Northern Bakehouse	Millet and chia loaf	1 slice (28 g) – 3 g fibre
		Seeds and grains loaf	1 slice (30 g) – 3 g fibre
		Cinnamon and raisin loaf	1 slice (30 g) – 3 g fibre
	Rudolph's	Sunflower seed rye bread	1 slice (50 g) – 4 g fibre
		Linseed rye bread flaxseed rye bread	1 slice (50 g) – 5 g fibre
		Schinkenbrot farm style (whole grain rye bread)	1 slice (50 g) – 3 g fibre
	Dimpflmeier	Vollkornbrot – whole grain rye bread	1 slice (42 g) – 3 g fibre
		Schinkenbrot – black forest style rye bread	1 slice (57 g) – 3 g fibre
		Leinsamen – flaxseed rye bread	1 slice (51 g) – 4 g fibre
		Jagdschnitten – hunter style rye bread	1 slice (57 g) – 3 g fibre
		Healthy living prebiotic multi grain bread	1 slice (40 g) – 3 g fibre
		Bavarian multigrain bread	1 slice (40 g) – 3 g fibre
		100 % whole wheat bread	1 slice (30 g) – 3 g fibre

FQS 34-04-02 – Annex A – Table 2 – Bagels

Type of Bread Product	Brand	Name	Nutrition facts according to label
Bagels	Dempster's	12 grain	1 bagel (85 g) - 5 g fibre
		Whole wheat	1 bagel (75 g) - 4 g fibre
	Old Mill	Whole wheat	1 bagel (85 g) - 6 g fibre
	Country Harvest	Wild blueberry (with flax and rolled oats)	1 bagel (75 g) - 3 g fibre
		12 grains	1 bagel (90 g) - 5 g fibre
		Apple with oats, apple and cinnamon (in season)	1 bagel (75 g) - 3 g fibre
		Whole wheat sesame	1 bagel (90 g) - 5 g fibre (East) 1 bagel (113 g) - 7 g fibre (West)
		Buckwheat and maple (with Canadian maple syrup and malted wheat (seasonal offer))	1 bagel (75 g) - 3 g fibre
	Stone Mill	Cranberry and roasted pumpkin seed	1 bagel (70 g) - 6 g fibre
		Swiss raisin muesli	1 bagel (70 g) - 5 g fibre
		Chia super grain	1 bagel (70 g) - 5 g fibre
	Udi's (gluten free)	Cinnamon raisin	1 bagel (99 g) - 3 g fibre
		Everything inside bagel	1 bagel (99 g) - 3 g fibre
	Silver Hills	Squirrelly sprouted bagel	1 bagel (80 g) - 9 g fibre
		Herb's garlic sprouted	1 bagel (80 g) - 9 g fibre
		Rappleberry sprouted bagel	1 bagel (80 g) - 8 g fibre
	POM	100 % whole wheat and sesame	1 bagel (75 g) - 4 g fibre
		12 grain bagel	1 bagel (85 g) - 5 g fibre
	Inéwa	100 % spelt	½ bagel (55 g) - 2 g fibre
		Bagel with sesame	½ bagel (55 g) - 3 g fibre

Type of Bread Product	Brand	Name	Nutrition facts according to label
Bagels	Oakrun farm	Multigrain	1 bagel (85 g) – 4 g fibre
	Gadoua	Sesame bagel	1 bagel (90 g) – 3 g fibre
		Plain bagel	1 bagel (90 g) – 3 g fibre
		Cinnamon and raisin bagel	1 bagel (90 g) – 3 g fibre
	Compliments	Signal whole wheat bagel – Ontario (Signal)	1 bagel (85 g) – 4 g fibre
		Cheddar cheese bagel (Fresh)	1 bagel (113 g) – 3 g fibre
		New York style whole wheat bagel (Fresh)	1 bagel (90 g) – 4 g fibre
		100 % whole wheat bagel (Fresh)	1 bagel (75 g) – 4 g fibre
		Multigrain New York style (Fresh)	1 bagel (113 g) – 3 g fibre
		Jalapeno New York style (Fresh)	1 bagel (113 g) – 3 g fibre
		Flaxseed New York style (Fresh)	1 bagel (113 g) – 5 g fibre
		French toast-style New York bagel (Fresh)	1 bagel (113 g) – 3 g fibre
		Whole grain whole wheat New York Style (Fresh)	1 bagel (113 g) – 7 g fibre
		Blueberry New York Style bagel (Fresh)	1 bagel (113 g) – 3 g fibre
		Cinnamon raisin New York Style bagel (Fresh)	1 bagel (113 g) – 3 g fibre
		Everything New York Style bagel (Fresh)	1 bagel (113 g) – 3 g fibre
	Dave's Killer Bread	Plain awesome bagel	1 bagel (95 g) – 3 g fibre
		Epic everything bagel	1 bagel (95 g) – 5 g fibre
		Cinnamon raisin remix bagel	1 bagel (95 g) – 3 g fibre
	Weight watchers	100 % whole wheat	1 bagel (52 g) – 3 g fibre
	Front Street Bakery	Artisan bagels cranberry pumpkin seed with cinnamon	1 bagel (90 g) – 6 g fibre
		Swiss muesli with raisins	1 bagel (90 g) – 6 g fibre
	Front Street Bakery	6 grains	1 bagel (90 g) – 6 g fibre
		Chia super grain	1 bagel (90 g) – 7 g fibre
	President choice	Blue menu – everything bagel	1 bagel (56 g) – 5 g fibre

Type of Bread Product	Brand	Name	Nutrition facts according to label
Bagels	Selection	Whole wheat	1 bagel (85 g) – 5 g fibre
		Sesame seeds	1 bagel (85 g) – 3 g fibre
		Plain	1 bagel (85 g) – 3 g fibre

FQS 34-04-03 – Annex A – Table 3 – English Muffins

Type of Bread Product	Brand	Name	Nutrition facts according to label
English muffins	Oroweat	100 % whole wheat Cinnamon raisin Double fibre	1 muffin (65 g) – 4 g fibre 1 slice (38 g) – 1 g fibre 1 muffin (66 g) – 8 g fibre
	Food for life	7 sprouted grains Ezekiel 4:9 – Cinnamon raisin sprouted WG Ezekiel 4:9 – Sprouted grain flax Ezekiel 4:9 – Sprouted WG English muffin Genesis 1:29 – Sprouted whole grains Gluten free brown rice English muffin Gluten free multi seed English muffin	½ muffin (38 g) – 3 g fibre ½ muffin (38 g) – 2 g fibre 1 slice (38 g) – 3 g fibre ½ muffin (38 g) – 3 g fibre ½ muffin (38 g) – 3 g fibre ½ muffin (43 g) – 2 g fibre ½ muffin (43 g) – 2 g fibre
	POM	New York whole wheat English muffin	1 muffin (57 g) – 4 g fibre
	Gadoua	Whole wheat	1 muffin (57 g) – 3 g fibre
	Oakrun farm	Whole wheat 100 % Whole grain	1 muffin (57 g) – 3 g fibre 1 muffin (57 g) – 3 g fibre
	Wonder	100 % Yummy wheat English muffin	1 muffin (57 g) – 3 g fibre
	Thomas'	Light multi-grain 100 % whole wheat High fibre	1 muffin (57 g) – 8 g fibre 1 muffin (57 g) – 3 g fibre 1 muffin (57 g) – 8 g fibre
	President choice	PC Blue Menu whole wheat 100 % PC Blue Menu multigrain	1 muffin (57 g) – 3 g fibre 1 muffin (57 g) – 5 g fibre
	Dempster's	Whole wheat whole grain	1 muffin (57 g) – 4 g fibre

Type of Bread Product	Brand	Name	Nutrition facts according to label
English muffins			
	Compliments	100 % whole wheat English muffin Whole wheat (Fresh)	1 muffin (57 g) – 3 g fibre 1 muffin (75 g) – 5 g fibre
	Bakery cannelle	English muffin (rice and corn)	1 muffin (67 g) – 3 g fibre
	Old Mill	English muffin whole wheat	1 muffin (57 g) – 3 g fibre
	Weight watchers	100 % whole wheat	1 muffin (57 g) – 3 g fibre

FQS 34-04-04 – Annex A – Table 4 – Tortillas

Type of Bread Product	Brand	Name	Nutrition facts according to label
Tortillas	Mejicano	Multi-grain tortillas with olive oil (10 inches)	1 tortilla (70 g) – 3 g fibre
		Whole wheat tortillas (10 inches)	1 tortilla (75 g) – 3 g fibre
		Whole wheat tortillas with olive oil (10 inches)	1 tortilla (70 g) – 3 g fibre
	POM	Whole wheat tortilla 10''	1 tortilla (61 g) – 3 g fibre
	Tumaro's	NY Deli style-Cracked pepper 10'' wrap	1 wrap (60 g) – 10 g fibre
		NY Deli style-Everything 10'' wrap	1 wrap (60 g) – 10 g fibre
		NY Deli style-Pumpernickel 10'' wrap	1 wrap (60 g) – 9 g fibre
		NY Deli style-Rye 10'' wrap	1 wrap (60 g) – 9 g fibre
		NY Deli style-Sourdough 10'' wrap	1 wrap (60 g) – 9 g fibre
	La Tortilla Factory	Non-GMO, low-carb tortillas. flour, burrito size	1 tortilla (62 g) – 13 g fibre
		Non-GMO, low-carb tortillas, WW, large size	1 tortilla (62 g) – 13 g fibre
		Non-GMO tortillas, WW, Burrito size	1 tortilla (63 g) – 5 g fibre
Gluten free, wheat free wraps ivory teff		1 wrap (66 g) – 3 g fibre	
Extra virgin olive oil softwraps multi grain		1 wrap (62 g) – 13 g fibre	
Extra virgin olive oil softwraps tomato basil		1 wrap (62 g) – 12 g fibre	
Extra virgin olive oil softwraps traditional		1 wrap (62 g) – 13 g fibre	
Extra virgin olive oil softwraps rye		1 wrap (62 g) – 13 g fibre	
Extra virgin olive oil softwraps whole grain white		1 wrap (62 g) – 13 g fibre	
Sonoma all natural gluten free, wheat free wraps, ivory teff	1 wrap (66 g) – 3 g fibre		
Food for life	Ezekiel 4:9 – Sprouted whole grain tortillas	1 tortilla (57 g) – 5 g fibre	
Casa Mendosa	Whole wheat	1 tortilla (64 g) – 4 g fibre	
	Ancient grains tortilla, 10''	1 tortilla (64 g) – 5 g fibre	
President choice	PC Blue menu 100% WGWW tortillas	1 tortilla (65 g) – 3 g fibre	

Type of Bread Product	Brand	Name	Nutrition facts according to label
Tortillas			
	Udi's	Large tortillas (soft and wholesome)	1 tortilla (72 g) – 5 g fibre
	Mexicasa	Whole wheat tortilla (large)	1 tortilla (65 g) – 4 g fibre
	Great value	Whole wheat tortillas 10''	1 tortilla (61 g) – 3 g fibre
	Dempster's	100 % whole grains ancient grains (large)	1 tortilla (61 g) – 3 g fibre
		100 % whole wheat (large)	1 tortilla (61 g) – 3 g fibre
	Selection	Whole wheat flour (large)	1 tortilla (75 g) – 4 g fibre

FQS 34-04-05 – Annex A – Table 5 – Pitas

Type of Bread Product	Brand	Name	Nutrition facts according to label
Pitas			
	Pita break/Ozery Bakery	Whole grain wheat Multi grain	½ pita (56 g) – 2 g fibre ½ pita (56 g) – 3 g fibre
	Haddad Bakery	Pita wrap – extra-large WW (Western style pita's) Pita – large WW (Western style pita's) Pita – medium WW (Western style pita's) Golden loaf – thick pouch 100 % WW (Western style pita's) High fibre pita (Western style pita's) High protein pita (Western style pita's) Lebanese style pita whole wheat (Ethnic style pita's) Byblos – Lebanese style pita 100 % WW (Ethnic style pita's) Kulcha Nan – Flat bread 100 % WW (Ethnic style pita's) Food service – medium 100% WW Food service – small 100% WW	1 pita (117 g) – 13 g fibre 1 pita (78 g) – 8 g fibre 1 pita (46 g) – 5 g fibre 1 pita (80 g) – 9 g fibre 1 pita (46 g) – 6 g fibre ½ pita (28 g) – 5 g fibre 1 pita (67 g) – 7 g fibre 1 pita (57 g) – 6 g fibre 1 pita (85 g) – 7 g fibre 1 pita (67 g) – 7 g fibre 1 pita (46 g) – 5 g fibre
	Joseph Bakery	Whole wheat pita bread (100% stone ground) White pita bread	½ pita (39 g) – 4 g fibre 1 pita (41 g) – 4 g fibre
	Compliments	Whole wheat with blended grains pita	1 pita (58 g) – 4 g fibre
	Dempster's	100% whole grains wheat pita pockets	½ pita (45 g) – 2 g fibre
	Boulangerie Hanna's	100 % whole wheat pita (small) 100 % whole wheat pita (large)	1 pita (38 g) – 3 g fibre ½ pita (55 g) – 5 g fibre