

**Costco – CM/CS Groceries**

Food Group	Brand Name	Product	Portion Size	Rating	Comments
Grains	Catelli	Healthy Harvest Spaghetti – Whole-wheat	½ cup cooked (26g)	CS	
Grains	Catelli	Smart Pasta – Rotini	½ cup cooked (26g)	CS	
Grains	General Mills	Cheerios Honey Nut, Multigrain, Cheerios plain	single serving, 20-26 g	CM	
Grains	Crunch Master	Multi-grain Crackers	10 crackers (20g)	CS	
Grains	Dare	Cracker Variety Pack (Vinta & Breton)	4 crackers	CS	
Grains	Dempster's	100% Whole Wheat Bread -2 slices	71 g	CM	
Grains	Dempster's	Deluxe – White Hamburger Bun	1 bun (85g)	CM	
Grains	Dempster's	Deluxe – White Sausage Bun	1 bun (85g)	CM	
Grains	Dempster's	English Muffins	1 muffin (59g)	CS	
Grains	Dempster's	Smart Bread -White made with Whole Grain	2 slices 81 g	CM	
Grains	Dempster's	Stays Fresh – Hot Dog Buns	47 – 53 g	CS	
Grains	Dempster's	Whole Grains Bread, 12 Grain Bread , Multigrain Whole Grain	1 slice (45 g)	CM	
Grains	Dempster's	Whole Grains - Tortillas	1 tortilla (28g)	CS	
Grains	Kashi	Kashi cereal - Go Lean Crunch	1 cup (53 g)	CS	
Grains	Kashi	TLC - Crunchy Granola Bars (Toasted 7 grain, roasted almond crunch, pumpkin pie spice)	37 g bar	CS	
Grains	Kashi	Chewy Granola Bars Seven Whole Grain	35 g bar	CM	
Grains	Kellogg's	All Bran Bars (Original, Oatmeal Cinnamon, Honey Nut)	1 bar (30 g)	CS	
Grains	Kellogg's	Cereal All Bran Original, Two Scoops Raisin Bran	50 -51 g	CM	
Grains	Kellogg's	Corn Flakes, Corn Pops, Fruit Loops Cereal , Frosted Flakes Original, Mini Wheats Original Frosted, Mini-Wheats Brown Sugar Frosted	19 -59 g	CS	
Grains	Kellogg's	Muslix (cereal)Harvest Fruit	2/3 cup (52 g)	CM	
Grains	Kellogg's	Vector Meal Replacement Original	55 g	CM	
Grains	Kellogg's	Waffles Plus Wheat and Blueberry Waffles	2 waffles (70 g)	CM	
Grains	Krusteaz	Buttermilk Pancake Mix	~ 3 (4" pancakes) – 57g	CS	
Grains	Mr. Christie	Arrowroot Cookies	5 crackers	CS	
Grains	Mr. Christie	Crackers - Premium Plus	7 crackers (20g)	CS	

Grains	Mr. Christie	Snak Paks (Sensible Solutions) – Teddy Grahams, Mini Oreos, Mini Chips Ahoy, Barnum’s Animal Crackers, Barnum’s ABC’s Cocoa	1 pack (30 -35g)	CS	
Grains	Mr. Christie	Triscuits	10 crackers (20g)	CS	
Grains	Olafson's	Bread – 12 Grain, Double Rise	1 slice (43 g)	CS	
Grains	Olafson's	Breakfast Pitas – Flax Multigrain	1 pita (75g)	CM	
Grains	Olafson's	Flour Tortillas	1 tortilla (62g)	CM	
Grains	Olafson's	Toscana - thin crust pizza shell	1/6 pizza (47g)	CM	
Grains	Partner's	Olive oil & Herb Crackers	10 crackers (28g)	CS	
Grains	Pepperidge Farm	Goldfish	30g	CS	
Grains	Pita Bites	Garlic & Chive	9 crackers (28g)	CS	
Grains	Leclerc	Praeventia - Dark Chocolate Chip – 70% Cocoa	1 pouch (30g)	CS	
Grains	Quaker	Oatmeal to Go Oats & Honey, Wild berry	47 g	CM	
Grains	Quaker	Instant Oatmeal Packets (Apples & Cinnamon, Breakfast Blast, Cinnamon & Spice, Dino Eggs, Maple & Brown Sugar Flavor, Raisin Date & Walnut, Raisins & Spice, Strawberries & Cream	1 packet (35 g -50 g)	CS	
Grains	Silver Hills	Sprouted Grain Bread, 16 Grain or Squirrely Bread, Made Without Flour	1 slice (40 -41 g)	CS	
	Sunrise Pita Company	White Pitas	1 pita (58g)	CM	
Grains	Wonder/Wonder Plus	100% Whole Wheat Hot Dog Buns/Hot Dog Rolls	1 bun (52 g)	CM	
Nut/Seed	Adams	100% Natural Peanut Butter Creamy or Crunchy, salted or unsalted	15 g	CM	
Nut/Seed	Jif	Peanut Butter - Creamy or Crunchy	2 tbsp (32 g or 30 g)	CS	
Nut/Seed	Kellogg's	Nutri-Grain Sweet & Salty Nut Bar (Chocolatey Almond, Chocolatey Peanut, Peanut Butter)	32 g	CS	
Nut/Seed	Larabar	100% Fruit & Nut Food Bar - Variety	1 bar (51g)	CM	
Nut/Seed	Kirkland Signature	Whole Almonds, cashews, pecan halves (no salt added)		CM	
Nut/Seed	Kirkland Signature	Organic Creamy Peanut Butter	1 tbsp (15g)	CM	
Nut/Seed	Kirkland Signature	Fruit & Nut Medley	1/3 cup (40g)	CM	
Nut/Seed	Kirkland Signature	Trail Mix	1/3 cup (52g)	CM	
Nut/Seed	Kraft	25% Less Fat Peanut Butter Smooth	15 g	CS	
Nut/Seed	Mara Natha	Almond Butter	1 tbsp (15g)	CM	

Nut/Seed	Mrs. May's Naturals	Ultimate Crunch	10 pieces (40g)	CM	
Nut/Seed	Skippy	Peanut Butter Crunchy	15 g	CM	
Nut/Seed	VeL	Fruit and Nut Bars	1 bar	CS	
Meat/Alternative	Harvest	All Beef – Naturally Smoked Wieners	1 wiener	CS	
Meat/Alternative	Kirkland Signature	Gardenburger - Original	1 patty (113g)	CS	
Meat/Alternative	Lilydale	Cooked, seasoned, sliced chicken breast	4 strips (55g)	CS	
Meat/Alternative	Lilydale	Cooked, seasoned, sliced turkey breast	3 slices (55g)	CS	
Meat/Alternative	Piller's	Oven Roasted Turkey Breast	55g	CS	
Meat/Alternative	Primo	Red Kidney Beans	½ cup (125ml)	CM	
Meat/Alternative	Sunrise Farms	Chicken Breast Burgers	1 patty (142g)	CM	
Meat/Alternative	Veggie Patch	Falafel Chickpea Balls	4 pieces (84g)	CS	
Meat/Alternative	Wild Pacific	Salmon Burgers	1 patty (113g)	CM	
Milk Beverages	Dairyland	Milk 2 Go (Chillin' Chocolate)	350ml	CS	
Milk Beverages	Nestle	Carnation – Hot Chocolate (if prepared with milk)	1 pouch (28g)	CS	
Milk Beverages	Silk	Fortified Soy Beverage - Original	250ml	CM	
Milk Beverages	Yoplait	Yop	200ml	CS	
Milk Food	Astro	Original All Natural 4% Yogurt Peach	175 g	CS	
Milk Food	Astro	Original All Natural Fat Free Yogurt Strawberry, Peach, Raspberry, Blueberry	100 g	CS	
Milk Food	Astro	Smooth 'n Fruity Yogurt French Vanilla, Peach, Raspberry, Blueberry, Cherry, Peach Raspberry, Strawberry	100 g	CS	

Milk Food	Dairyland	Fruit on the Bottom Yogurt Field berry, Peach, Raspberry, Strawberry	175 g	CS	
Milk Food	Dairyland	Vanilla Classic Lemon, Mango, Nectarine, Peach, Raspberry, Strawberry, Blackberry	125 g	CS	
Milk Food	Dairyland	Stirred Yogurt Blueberry, Fieldberry, Peach, Raspberry, Strawberry	125 g	CS	
Milk Food	Dairyland	Stirred Fat Free Yogurt Peach, Raspberry, Strawberry, Vanilla	125 g	CS	
Milk Food	Danone	ActiviaYogurt Peach, Peach & Fibre, Pear, Prune, Strawberry	100 g	CS	
Milk Food	Danone	Activia Fat Free Yogurt (Peach, Straw, Rasp, Prune, Vanilla)	100 g	CS	
Milk Food	Danone	Creamy Yogurt Raspberry, Strawberry	100 g	CS	
Milk Food	Danone	Silhouette O+ Yogurt (Strawberry, Peach, Vanilla, Field Berry)	150g	CS	
Milk Food	Healthy Choice	Premium Low Fat Fudge Bars	1 bar (88ml)	CS	
Milk Food	Kraft	Cheese Block (cheddar, marble cheddar, mozzarella, cheddar light, monterey jack, swiss)	21g	CM	
Milk Food	Kraft	Cheese Shredded (cheddar, three cheese blend, mozza/cheddar blend, Tex Mex)	30g	CM	
Milk Food	Kozy Shack	Rice Pudding - Original	1 container (113g)	CS	
Milk Food	Olympic	Natural Probiotic Yogurt (Raspberry, Strawberry, Black Cherry)	175 mL	CS	
Milk Food	Olympic	Organic Original Yogurt Blueberry	175 g	CM	
Milk Food	Yoplait	Tubes	60g	CS	
Mixed Entrees	Heinz Hot Bites	Bagel Bites (cheese, sausage, pepperoni) *** Check for no trans fat	4 pieces (88g)	CS	
Mixed Entrees	Pillsbury	Pizza Pops (Pepperoni & Bacon, deluxe)	1 pop	CS	
Vegetables & Fruits	Breyers	Original Real Fruit Ice Bars Orange	50 mL	CS	
Vegetables & Fruits	Del Monte	Fruit Salad in light fruit juice syrup	142ml	CS	
Vegetables & Fruits	Del Monte	Fruit Bowls packed in Fruit Juice Fruit Medley, Orchard Peach, Tropical Medley	112.5 g	CM	
Vegetables & Fruits	Del Monte	Fruit Bowls Packed in Light Fruit Juice Syrup Mandarins	1 fruit cup (112.5 g)	CS	
Vegetables & Fruits	Del Monte	Red Grapefruit	1 fruit cup (215ml)	CM	
Vegetables & Fruits	Dole	Fruit Bowls in Fruit Juice Pineapple Chunks	185 mL fruit cup fork included	CM	
Vegetables & Fruits	Dole	Diced Peaches in Juice	1 bowl (107ml)	CM	

Vegetables & Fruits	Dole	Fruit Bowls in Light Syrup Lots-o-Cherries, Mandarin Oranges fruit cup	107 ml	CS	
Vegetables & Fruits	Dole	Fruit Salads in fruit juice concentrate	107 ml	CS	
Vegetables & Fruits	Dole	Tropical Fruit in Fruit Juice	125ml	CM	
Vegetables & Fruits	Golden Boy	Dried Apricots	1/3 cup (40g)	CM	
Vegetables & Fruits	Kettle Brand	Baked Potato Chips – Lightly Salted	20 chips (28g)	CM	
Vegetables & Fruits	Kirkland Signature	Blueberries (whole dried)	1/3 cup (40g)	CM	
Vegetables & Fruits	Kirkland Signature	Sunsweet Gold Label – dried plums (pitted prunes)	5 prunes (40g)	CM	
Vegetables & Fruits	La Restaurante	Chunky Salsa - Original	¼ cup	CS	
Vegetables & Fruits	Mariani Premium	Island Fruits	¼ cup (40g)	CM	
Vegetables & Fruits	McCain	Superfries Low Fat Premium Fried Potatoes	14 pieces 85 g	CM	
Vegetables & Fruits	McCain	Superfries Straight Cut	19 pieces 85 g	CS	
Vegetables & Fruits	Mott's	Fruitsations unsweetened variety pack	1 pack	CM	
Vegetables & Fruits	Natural Choice	Full of Fruit Organic (Frozen bar) – (if whole fruit is an ingredient)	1 bar	CM	
Vegetables & Fruits	Ocean Spray	Craisins -Original, Cherry Flavor, Orange	28.3g	CS	
Vegetables & Fruits	Organic by Mariani	Berry Blend (cherries, blueberries, cranberries)	¼ cup (40g)	CM	
Vegetables & Fruits	Philippine Brand	Dried Mangoes	6 pieces (42g)	CM	
Vegetables & Fruits	Sun-Maid	Raisins	40g	CM	
Vegetables & Fruits	Sun-Rype	Fruit Source -blueberry pomegranate, cherry berry, strawberry, tropical, wildberry and raspberry	1 bar	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go	14 g	CS	
Vegetables & Fruits	Sun-Rype	Fruit to Go Fun Bites -Berry Blend	1 pouch	CS	
Vegetables & Fruits	Sun-Rype	Squiggles	18g	CS	
Vegetable & Fruit Juice	Del Monte	Apple Raspberry	200ml	CS	
Vegetable & Fruit Juices	Del Monte	100% Juice Variety Pack	200ml	CS	
Vegetable & Fruit Juices	Dole	100% Juice Variety Pack	200ml	CS	
Vegetable & Fruit Juices	Minute-Maid	100% Juice	200ml	CS	

Vegetable & Fruit Juices	Oasis	100% Pure Juice	200ml	CS	
Vegetable & Fruit Juices	Ocean Spray	100% Juice Blend	300ml	CS	
Vegetable & Fruit Juices	Phillipine	Mango Nectar	250ml	CS	
Vegetable & Fruit Juices	Sun-Rype	100% Juice Grape, Strawberry Kiwi, Apple, Fruit Medley, Orange, Wildberry, apple orange peach, apple orange passionfruit,	200ml	CS	
Other Beverage	Kirkland	Natural Spring Water	500 mL	CM	
Other Beverage	Kirkland	G -Sport Drink	591ml	N/A	Sports Drinks - Acceptable in recreation facilities (smaller bottles preferred)
Other Beverage	Nestle	Pure Life Natural Spring Water	500ml	CM	
Other Beverage	Perrier	Original	300ml	CM	

**Note:** This list includes many but not all of the foods that are acceptable according to the **Guidelines for Food and Beverage Sales in BC Schools**. If you have questions about a food not on this list, you can verify if it is an acceptable food through the following website: [www.brandnamefoodlist.ca](http://www.brandnamefoodlist.ca)