

Incorporating Everyday B.C. Foods into School Food Programs and Menus



British Columbia has a range of everyday food and beverage products that are widely available, price competitive, and commonly used in food service. Assessing whether your school food program is currently using or could incorporate everyday food products may allow you to identify simple ways to increase use of B.C. food in programs and menus.

Check out the [Feed BC Directory](#) a searchable B.C. food and beverage product database.



Common Everyday Foods Available from B.C.

 Protein	<ul style="list-style-type: none"> • Chicken, turkey, eggs, fish • Tofu, tempeh, plant-based patties • Fresh or frozen soup • Prepared sandwiches, fresh or frozen entrees
 Baked Goods	<ul style="list-style-type: none"> • Bread, tortillas, naan • <i>Cookies, muffins</i>
 Dairy and Alternatives	<ul style="list-style-type: none"> • Milk, yogurt, cheese • Non-dairy/plant-based yogurt and cheese, fortified plant-based beverages • <i>Yogurt drinks</i>
 Fruit and Vegetables	<ul style="list-style-type: none"> • Fresh and frozen berries and fruit (apples, peaches, blueberries) • Greenhouse and field vegetables (tomatoes, peppers, cucumber, lettuce, squash) • Root crops (carrots, beets, potatoes, onions)
 Grocery	<ul style="list-style-type: none"> • Dry goods including flour, oats, sugar • Snacks such as granola bars, dried fruit and nut mixes • <i>Honey, jam, sauces</i>
 Beverages	<ul style="list-style-type: none"> • Sparkling water, bottled water • <i>Fruit juice</i>

Items to “serve infrequently or in smaller serving sized,” are italicised to align with provincial resources for creating healthy food environments.