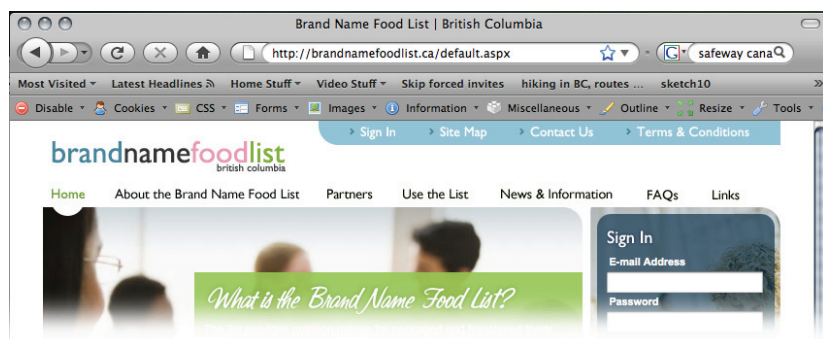


Appendix B:

How to use the Brand Name Food List



The Brand Name Food List is a website (www.brandnamefoodlist.ca) that provides access to the BC nutritional guidelines, including the Guidelines for Food and Beverage Sales in BC Schools and Nutritional Guidelines for Vending Machines in BC Public Buildings. The website lists packaged and franchised food and beverages rated according to the guidelines.

On the main page, you can access basic information about the list, as well as set up an account to search for products and create a scorecard of current packaged products for sale in your facility.

From the main page, you can click on About the Brand Name Food List, and find important information about its purpose and its limitations.

Also, you can click on Frequently Asked Questions (FAQ) for tips on how to search for products, or if you are looking for healthy fundraising alternatives.

After creating an account, you can sign into the site from the main page.

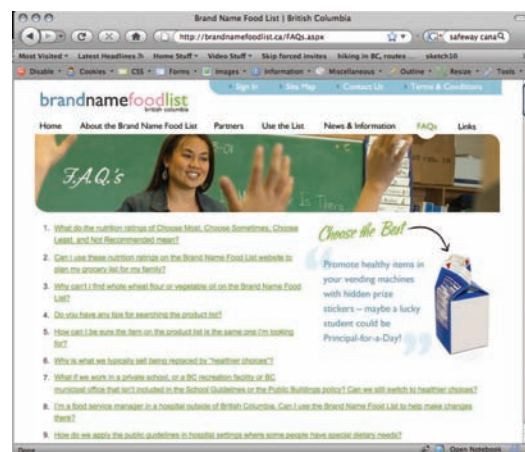
Once you have signed in, you have the opportunity to read the Quick Start Guide to assist you in navigating around the site. Anytime you click on "help", you can access the Guide.



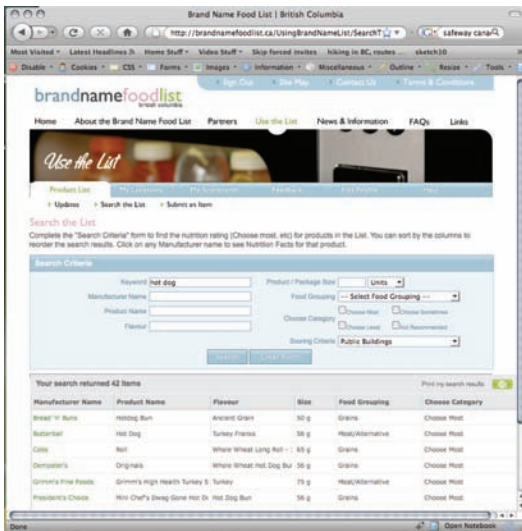
www.brandnamefoodlist.ca



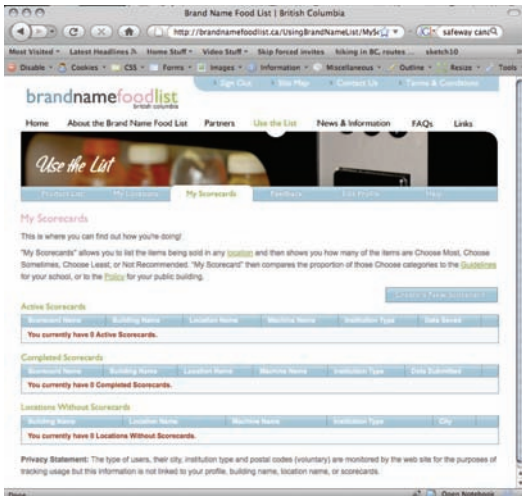
<http://www.brandnamefoodlist.ca/about.aspx>



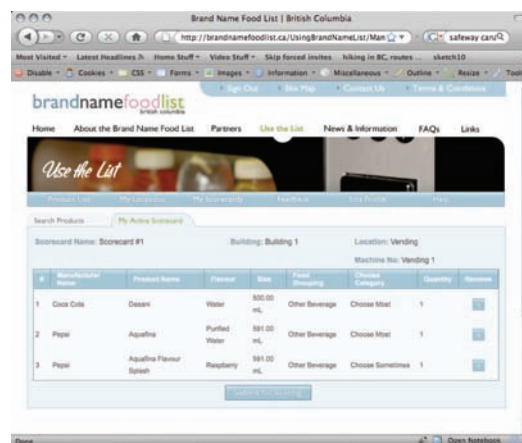
<http://www.brandnamefoodlist.ca/FAQs.aspx>



<http://www.brandnamefoodlist.ca/UsingBrandNameList/Login.aspx?ReturnUrl=%2fUsingBrandNameList%2fHome.aspx>



<http://www.brandnamefoodlist.ca/UsingBrandNameList/Login.aspx?ReturnUrl=%2fUsingBrandNameList%2fHome.aspx>



<http://www.brandnamefoodlist.ca/UsingBrandNameList/Login.aspx?ReturnUrl=%2fUsingBrandNameList%2fHome.aspx>

Searching the List

You can search for items in a variety of ways. You can enter a keyword search, such as “chip” or “bar”. Or you can search for a food category, such as “Other Beverages” or you can find all “choose” items in a specific food grouping, for example, all Choose Most milk beverages.

Try not to be too specific, as this can make the search more difficult sometimes.

You can also identify the specific scoring criteria if you move your mouse over the green manufacturer’s name. Here you can click and get the nutrition facts as well as the “choose” criteria based on the building.

Creating a Scorecard

First you must create a location. Then you can create a new scorecard for your location.

Once the scorecard is created, you can begin adding products to it by searching the database.

For example, if you have created a scorecard for a beverage machine, search the database for “other beverages” or enter a key word, such as “cola”. Once you have found the item in the database, select the number you wish to add.

After adding items, you can go to My Active Scorecard. You can choose to remove or add items, or submit it for scoring.

Here you will get a score for your facility and how it compares to the Food and Beverage Guidelines. You may save, delete, modify or create a new scorecard at any time. You can also print it as a PDF file.

Anytime you are using the Brand Name Food List, you are encouraged to call Dial-A-Dietitian for assistance or advice. They can help you with products that are not on the list, or food and beverages that are not packaged and labeled.

Contact Information:

In the lower Mainland: 604-732-9191

Anywhere in BC: 1-800-667-3438

www.brandnamefoodlist.ca

www.dialadietitian.org