



# THE GOOD FOOD GUIDE VERSION 2 - 2020

Food only needs to meet the criteria under one pillar to be considered Good Food

MEAL EXCHANGE

## Community-Based

### Food production upholds community-based principles, including:

- Privately-owned processing
- Traceability to its point of origin;
- Local production; and,
- Production by small and medium-sized businesses

**Products must meet all of the following criteria:** (100% of single-ingredient products; ≥ 50% of aggregated single-ingredient or multi-ingredient products)

**Processor Ownership:** Processor must be privately-owned (not publicly traded on the stock market) or a cooperatively-owned enterprise.

**Traceability:** Food must be traceable to point of origin (farm, harvest, boat, or aquaculture site). In the case of aggregated items, a list of possible producers should be provided to researchers.

**Distance:** Food must be grown, raised, foraged, hunted, or landed (fish) within the province or 50 km outside of the provincial border. For campuses in the Maritimes, food must originate from within the Maritime region or 50 km outside.

**Farm Size:** Producer must be small and medium-sized according to the following thresholds:

- **Produce** (including fruit, vegetables, tree nuts, melons): **\$1.5 million/yr or less** in total annual sales.
- **Farmed Meat, Animal Products and Grocery** (including beef cattle and ranching, dairy, hog and pig, poultry and egg, oilseeds and grain): **\$2.5 million/yr or less** in total annual sales.

**Fisheries Ownership:** Small-scale and/or community-based fisheries, such as:

- Community-supported/owned fisheries
- Indigenous-owned fisheries
- Owner-operated boats or licenses

## Socially-Just

### Certifications guarantee food producers just treatment, including:

- The right to organize and collectively bargain;
- A safe working environment;
- Discrete complaint mechanisms;
- Transparency throughout the production chain;
- Worker designed accountability programs; and,
- Prices that cover the cost of production

**Products with any of the following certifications:** (100% of single-ingredient products; ≥ 20% of multi-ingredient products)

- Equitable Food Initiative
- Fairtrade International
- Fair Food Program Certified
- Milk with Dignity
- Small Producers Symbol

### Products from organizations that belong to any of the following entities:

- Fairtrade Federation
- World Fairtrade Organization

## Ecologically-Sound

### Certifications guarantee that food is produced using ecologically sound practices, including:

- Promotion of agrobiodiversity;
- Soil conservation;
- Reduced use of synthetic fertilizers and pesticides; and,
- Protection of existing wildlife habitat (on-farm and surrounding area).

**Products with any of the following certifications:** (100% of single-ingredient products; ≥ 50% of multi-ingredient products)

- American Grassfed
- Bird Friendly Certified Coffee
- Canadian Organic Regime (and all certifications that use the COR standards)
- Canadian Roundtable for Sustainable Beef Certified OR Verified Beef Production Plus
- Certified Naturally Grown
- Certified Sustainably Grown
- Certified Wildlife Friendly
- Certified Predator Friendly
- Demeter Certified Biodynamic
- Equitable Food Initiative
- FairWild
- Food Alliance Certified
- HAND IN HAND fair-trade
- Naturland Fair
- Predator Friendly
- Rainforest Alliance
- Regenerative Organic Certification
- Salmon-Safe
- USDA Organic (and all certifications that use the USDA standards)

### SEAFOOD Products with any of the following labels:

- Friends of the Sea Canada
- Monterey Bay Aquarium Seafood Watch Guide 'Best Choices'
- Ocean Wise

## Humane

### Certifications guarantee that animals are treated humanely, including:

- Free access to appropriate food and water;
- Living conditions that accommodate the health and natural behavior of animals;
- Safe handling that minimizes harm; and,
- No physical alterations unless medically necessary.

**Products with any of the following certifications:** (100% of single-ingredient products; ≥ 50% of multi-ingredient products)

- American Humane Certified, 'Free-range', 'Cage-Free', and 'Enriched' - laying birds only
- Animal Welfare Approved - all animals
- Certified Humane Raised and Handled - beef cattle, veal calves, dairy cattle, swine and laying birds only
- Demeter Certified Biodynamic - beef cattle, veal calves, and dairy cows only
- Food Alliance Certified - beef cattle and veal calves only
- Global Animal Partnership (GAP)
  - level 1 and above - beef cattle, veal calves, and swine only
  - level 2 and above - laying hens only
  - level 3 and above - turkeys only
  - level 5 - broilers and waterfowl only
- Society for the Prevention of Cruelty to Animals (SPCA) - all animals

## Disqualifiers

### Products containing the following disqualifying ingredients are ultra-processed and cannot qualify as Good Food in any pillar:

Aspartame; Acesulfame-Potassium; Butylated Hydroxyanisole (BHA); Butylated hydroxytoluene (BHT); Partially Hydrogenated Oil (trans-fats); Propyl Gallate; rBGH/rBST; Saccharin; Sodium Nitrate; dyes: Red #3, Red #40, Yellow #5, Yellow #6, Blue #3