

Enhancements to the Nutrition North Canada subsidy program means further savings

New items have been added to the Nutrition North Canada subsidy list to help you and your family buy healthy food and other essentials during the COVID-19 Pandemic.

These changes apply

HIGH SUBSIDY RATE

✦ Subsidy rate increase of \$0.50/kg

MEDIUM SUBSIDY RATE

✦ Subsidy rate increase of \$1.00/kg

LOW SUBSIDY RATE

• No change in subsidy rate
✦ Many new items added

Vegetables and Fruit



HIGH SUBSIDY

- Frozen vegetables and fruits

MEDIUM SUBSIDY

- Fresh vegetables and fruit
- Dried vegetables (unseasoned and unsweetened)
- Dried fruit (unseasoned and unsweetened)
- Frozen unsweetened juice concentrate
- Unsweetened juice in individual containers of 250 ml or less, except cans
- Frozen French fries, hash browns, and other potato products

LOW SUBSIDY

- Unsweetened juice in containers larger than 250 ml, except cans and 100% plastic containers
- ✦ Unsweetened juice in cans
- ✦ Canned vegetables and fruit
- ✦ Tomato-based sauces

Grain Products



HIGH SUBSIDY

- Frozen vegetables and fruits

MEDIUM SUBSIDY

- Bread
- Bread products without sweetened filling or coating (for example buns, rolls, bagels, pita, soft tortillas)
- Flour all-purpose (white and whole wheat)
- Ready-to-eat cereal
- Cook-type cereal
- Dried macaroni, spaghetti and lasagna noodles (white and whole wheat)
- Rice (white, whole wheat, minute)

LOW SUBSIDY

- Crackers, crisp bread and Pilot biscuits
- Arrowroot and social tea cookies
- Rye flour and other semi-perishable flours
- Fresh and frozen pasta
- ✦ Unseasoned plain dry pasta
- ✦ Unseasoned plain popping corn (un-popped kernels)
- ✦ Bannock and pancake mixes

Milk and Alternatives



HIGH SUBSIDY

- Milk (fresh)

MEDIUM SUBSIDY

- Milk (powdered, canned, evaporated, sterilized at ultra-high temperature (UHT))
- Chocolate milk
- Buttermilk
- Fortified soy beverages
- Cheese and processed cheese slices
- Cottage cheese
- Yogurt and yogurt drinks

LOW SUBSIDY

- Cream
- Sour cream
- Cream cheese
- Processed cheese spread
- Ice cream, frozen yogurt, sherbet and ice milk

Meat and Alternatives



HIGH SUBSIDY

- Frozen vegetables and fruits

MEDIUM SUBSIDY

- Fresh and frozen meat, poultry, fish and seafood
- Deli meat
- Eggs and egg substitutes
- Unsweetened nuts and seeds
- Dried beans (kidney, black, pinto)
- Dried barley, lentils, split peas
- Peanut butter and other nut or seed-based spreads
- "Vegetarian" products, for example tofu and vegetable-based patties

LOW SUBSIDY

- Bacon
- ✦ Canned fish and seafood
- ✦ Canned legumes, such as beans, peas and lentils

Other foods



HIGH SUBSIDY

- Infant formula
- Infant cereals
- Other infant foods

MEDIUM SUBSIDY

- Butter and lard
- Cooking oils (canola, olive, vegetable)
- Baking powder
- Salt
- Yeast

LOW SUBSIDY

- Margarine (soft and non-hydrogenated)
- Salad dressing, mayonnaise and perishable dips
- Shortening
- All cooking oils not included at the Higher subsidy level (for example sunflower, peanut, flaxseed)
- Frozen pizza
- Fresh, frozen and refrigerated combination foods, except items that are breaded, battered or in pastry, desserts, poutine, prepared sandwiches, hamburgers, hot dogs, prepared salads
- ✦ Salad kits with salad dressing and/or croutons
- ✦ Fresh pizzas
- ✦ Pizza mixes
- ✦ Artificial sweeteners
- ✦ Spices, flavouring and extracts

Non-food items



HIGH SUBSIDY

- Frozen vegetables and fruits

MEDIUM SUBSIDY

- Diapers
- Menstrual products

LOW SUBSIDY

- Non-prescription drugs approved by Health Canada
- ✦ Wipes and nursing pads
- ✦ Disposable absorbent underwear, toilet paper, and facial tissues
- ✦ Toothpaste, toothbrushes, dental floss, denture adhesive and denture cleaner
- ✦ Hand sanitizer, soap, deodorant, shampoo and hand and body lotions
- ✦ Laundry and dishwashing detergents

