

Food Mail Program Customer Guide Amendment #1: Eligibility List Effective October 3, 2010

This amendment forms part of your Food Mail Program Agreement with Canada Post and amends the January 2008 Food Mail Program Customer Guide in accordance with the applicable effective date. All other terms and conditions remain the same. Please keep this amendment with your Food Mail Program Customer Guide.

The revised version of the Food Mail Program Customer Guide that includes the amended information is available at: canadapost.ca/foodmail.

DELETE Sections 3.1.6 through 3.1.12 and **REPLACE WITH** the sections below:

3.1.6 Nutritious Perishable Food - Eligible

The following products are eligible for shipment at the postage rate applicable to "Nutritious Perishable Food":

- dairy products (e.g., milk, buttermilk, cheese, processed cheese, cottage cheese, butter, yogurt, yogurt drinks, powdered milk, chocolate milk), **excluding** canned milk, cream, sour cream, ice cream, ice milk, sherbet, frozen yogurt, processed cheese spreads and cream cheese
- soft, non-hydrogenated margarine
- meat, fish and poultry products (fresh or frozen, including cured and smoked products, fish sticks and fish cakes) **excluding** side bacon
- fruits and vegetables (fresh or frozen) **excluding** whole pumpkins
- fresh juice (pure or reconstituted), frozen juice concentrate, and juice in Tetra Paks and similar containers, all of which must be without sugar added
- bread and bread products without sweetened filling or coating (e.g., bagels, English muffins, bread rolls, raisin bread, hamburger buns, hot dog buns, pizza crusts, frozen bread dough, tortillas), **excluding** croissants and garlic bread
- pizza
- eggs and egg substitutes
- selected semi-perishable food products (unsweetened seeds and nuts, cook-type cereals, whole wheat and rye flour, peanut butter, salad dressing, mayonnaise, yeast)
- tofu, vegetable patties, similar vegetable-based meat substitutes, soybean-based milk substitutes
- infant formula, infant cereals, other foods prepared specifically for infants
- combinations of the above products (**excluding** sandwiches and other prepared foods for immediate consumption which are subject to the Goods and Services Tax)
- non-prescription drugs

with the exception of products identified as "Convenience Perishable Foods".

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3.1.7 Convenience Perishable Foods – Ineligible

The Food Mail Program does not apply to the following “Convenience Perishable Foods”:

- prepared foods for immediate consumption subject to the Goods and Services Tax (e.g., sandwiches, prepared salads, hamburgers, hot dogs)
- fresh or frozen products consisting of meat, poultry, fish, vegetables or eggs which are breaded or battered or in pastry
- dips
- combinations containing any of the products described above

with the exception of fish sticks, fish cakes, and reduced-fat products, of the type described above, which have been specifically approved as eligible for the Food Mail Program by INAC.

The following are examples of “Convenience Perishable Foods” which are not eligible: fried chicken, sausage rolls, fish in batter, fish and chips, chicken and chips, breaded onion rings, poutine, meat pies, quiche, frozen dinners containing breaded chicken.

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3.1.8a Non-perishable Food – Eligible Foods for Destinations with Marine Service (Sealift, Barge, Ferry)

The following products are eligible for shipment to air stage destinations that have marine service, at the postage rates applicable to “Non-perishable Food”.

- canned evaporated milk
- dried fruit and vegetables
- crackers, crispbread, hard bread, Pilot biscuits, melba toast
- arrowroot and social tea cookies
- non-perishable flour, **excluding** cake and pastry flour
- fresh and frozen pasta
- fresh and frozen combination foods containing rice or pasta
- ready-to-eat breakfast cereals
- lard, shortening, cooking oils
- artificial sweeteners

3.1.8b Non-perishable Food – Eligible Foods for Destinations without Marine Service (Sealift, Barge, Ferry)

The following products are among those which are eligible for shipment to air stage destinations that do not have marine service, at the postage rates applicable to “Non-perishable Food”. The list is not intended to be comprehensive, but confirms the eligibility of certain items.

- canned products such as milk, unsweetened juice, fruit, vegetables, soup, meat, fish, poultry, stew
- dried beans, peas and lentils, popping corn (unpopped)
- dried fruit and vegetables, dried soup mixes
- crackers, crispbread, hard bread, Pilot biscuits, melba toast
- arrowroot and social tea cookies
- all purpose flour, cake and pastry flour
- rice, other grains
- pasta (macaroni, spaghetti, noodles, macaroni and cheese dinners)
- ready-to-eat breakfast cereals
- cake mixes, pancake mixes, muffin mixes, bread and roll mixes, bannock mixes, pizza mixes, jelly powders, pudding mixes, puddings (canned or ready-to-eat)
- lard, shortening, cooking oils
- sugar, salt, baking powder, cornstarch
- spreads, syrups, sauces, condiments, toppings (**excluding** artificial cream products)
- coffee, tea
- unsweetened juice in bottles or cans
- fruit drink crystals with vitamin C added
- artificial sweeteners

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3.1.9 Priority Perishable Food – Eligible

The following products are classified as “Priority Perishable Food” for the purposes of the Kugaaruk, Kangiqsujuaq and Fort Severn pilot projects:

- fresh milk (**excluding** chocolate milk), UHT milk, buttermilk, cheese, processed cheese, cottage cheese, yogurt, yogurt drinks, powdered milk
- fresh vegetables
- frozen vegetables, **excluding** French fries and similar potato products
- fresh fruit
- frozen fruit
- frozen juice concentrate
- eggs

For the purposes of the Fort Severn pilot project, 100% whole wheat bread and cook-type breakfast cereals are classified as priority perishable foods.

For the purposes of the Kugaaruk pilot project, effective January 1, 2003, Cambridge Bay is designated as an entry point for country food shipped to Kugaaruk under the Food Mail Program, and country food shipped from Cambridge Bay to Kugaaruk is classified as a “Priority Perishable Food”.

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3.1.10 Foods of Little Nutritional Value - Ineligible

The Food Mail Program does not apply to the following food and beverage products:

- beer, wine and spirits
- soft drinks
- energy drinks
- plain, carbonated and flavoured mineral water
- all fruit-flavoured drinks and sweetened juice
- fruit drink crystals without vitamin C added
- iced tea, iced tea mixes, cordials, cocktail mixes, instant hot chocolate mixes
- sweets and snack foods:
 - candies, confectionery, chewing gum, chocolate bars, granola bars
 - fruit, seeds and nuts when coated or treated with candy, chocolate, honey, molasses, sugar, syrup or artificial sweeteners
 - fruit bars, rolls, or similar fruit-based snack foods
 - potato chips, corn chips, tortilla chips, pretzels, popped corn products, cheese puffs, and similar products
 - snack mixtures (e.g., "nuts 'n bolts")
- sweetened baked goods (cakes, muffins, pies, pastries, tarts, cookies, doughnuts, brownies, waffles and similar products), **excluding** arrowroot and social tea cookies
- croissants and garlic bread
- pie shells and other frozen pastry products
- frozen flavoured ice (e.g., Popsicles)
- ice cream, ice milk, sherbet and frozen yogurt
- cream
- imitation cream products (e.g., non-dairy coffee whiteners, non-dairy whipped dessert toppings)
- sour cream
- cream cheese
- processed cheese spreads
- side bacon
- hard margarine
- hydrogenated soft margarine
- meal replacements for weight reduction

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3.1.11 Essential Non-food Items – Eligible Items for Destinations without Marine Service (Sealift, Barge, Ferry)

All non-food items, with the exception of tobacco, dangerous goods, other prohibited mail as defined in the *Canada Postal Guide*, are eligible for shipment to air stage destinations that do not have marine service, at the rates applicable to “Non-food Items”.

3.1.12 Essential Non-food Items – Ineligible

The following additional items are not eligible for the Food Mail Program:

Recreation equipment and supplies* including:

- sporting and athletic goods
- fitness equipment
- bicycles and tricycles
- toys, games, puzzles, models and hobby supplies
- playground equipment
- photographic equipment and supplies
- musical equipment
- computer equipment (hardware and software)

Entertainment equipment and supplies including:

- radios, audio and video components or combinations
- audio and video tapes, either blank or pre-recorded
- televisions
- other electronic equipment
- compact discs and records

Reading material including newspapers, magazines, books and other printed matter.

All paper products with the exception of:

- disposable diapers
- disposable undergarments
- feminine hygiene products
- nursing pads
- toilet paper

Animal food and other animal supplies.

Prescription drugs.

*Note: Camping equipment, snowmobile parts, all-terrain vehicle parts, outboard motor parts, snowshoes, binoculars and other equipment used for hunting, fishing and trapping will remain eligible, even if intended for recreational use.