

Healthy Menu Choices Act, 2015

Technical Briefing: Menu Labelling Regulation

Ministry of Health and Long-Term Care
Date: October 2016

Purpose

The purpose of this webinar is:

- To ensure that participants are aware of the *Healthy Menu Choices Act, 2015* (“the Act”) and Regulation 50/16 .
- To provide some implementation scenarios on how to interpret the regulation based on Frequently Asked Questions .

Disclaimer

These slides provide summary information about the *Healthy Menu Choices Act, 2015* and O. Reg. 50/16 made under that Act. The slides are provided for educational use, and are not complete or exact reproductions of the legislation. They are not intended, or to be used, as legal advice about the requirements for menu labelling. Such advice should be obtained from lawyers. This presentation is intended to reflect the policy intent, as supported by the legislation. Where there is a discrepancy between anything in these slides and a legislative provision the legislation prevails. Ontario legislation may be found at <https://www.ontario.ca/laws>.

Context

- On March 4, 2016 the government filed Ont. Regulation 50/16. The regulation supports the implementation of the *Healthy Menu Choices Act, 2015* and will come into force on January 1, 2017.
- On July 21, 2016, in response to stakeholder feedback the government posted proposed amendments to the menu labelling regulation on the Regulatory Registry to provide owners and operators of regulated food service premises with additional guidance on and clarification of specific sections of the regulation. These proposed regulation amendments were posted on the Regulatory Registry from July 21 to August 4, 2016.
- The regulation amendments have now been filed, and can be found on e-laws: <https://www.ontario.ca/laws/regulation/160050>

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation

Definition

1. In this Regulation,
“restaurant-type food or drink item” means a food or drink item that is either served in a regulated food service premise or processed and prepared primarily in a regulated food service premise, and that is intended for immediate consumption on the premises or elsewhere without further preparation by a consumer before consumption.

Revised Regulation

Definition

1. In this Regulation,
“grocery store” means a food service premise where a variety of canned, dry and frozen foods, fresh produce, bakery products, dairy products and household items are offered for sale and includes a convenience store where a variety of such items are offered for sale; (“épicerie”)

“restaurant-type food or drink item” means a food or drink item that is either served in a regulated food service premise or processed and prepared primarily in a regulated food service premise, and that is intended for immediate consumption on the premises or elsewhere without further preparation by a consumer before consumption.

Specific exemptions for grocery and convenience stores required them to be defined

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation	Revised Regulation
<p>Definition, “Menu”</p> <p>3. (1) For the purposes of the Act and this Regulation,</p> <p>“menu” means any document or other means of communicating information that lists standard food items offered for sale by a regulated food service premise and includes,</p> <ul style="list-style-type: none">(a) a paper menu,(b) an electronic menu,(c) a menu board,(d) a drive-through menu,(e) an online menu or a menu application,(f) an advertisement, and(g) a promotional flyer.	<p>Definition, “Menu”</p> <p>3. (1) For the purposes of the Act and this Regulation,</p> <p>“menu” means any document or other means <u>other written means</u> of communicating information that lists standard food items offered for sale by a regulated food service premise and includes,</p> <ul style="list-style-type: none">(a) a paper menu,(b) an electronic menu,(c) a menu board,(d) a drive-through menu,(e) an online menu or a menu application,(f) an advertisement, and<u>(f) an advertisement, other than a billboard, radio or television advertisement, and</u>(g) a promotional flyer.

The amendment clarifies the definition of menu to mean only written menus and would specifically exempt billboard, radio, and TV advertisements from menu labelling requirements.

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation

(2) Online menus and menu applications, advertisements and promotional flyers are exempt from the requirements of subsection 2 (2) of the Act as long as they satisfy either of the following criteria:

1. They do not list prices for standard food items.
2. They do not list standard food items that are available for delivery or takeaway ordering.

Revised Regulation

(2) Online menus and menu applications, advertisements and promotional flyers are exempt from the requirements of ~~subsection 2 (2)~~ **subsection 2(3)** of the Act as long as they satisfy either of the following criteria:

1. They do not list prices for standard food items.
- ~~2. They do not list standard food items that are available for delivery or takeaway ordering.~~
2. **They do not list standard food items that a person can order for delivery or takeaway ordering and do not provide a method to place an order.**

The amendment:

- makes a technical change to correct a cross-reference to the Act.
- clarifies that online menus, menu applications, advertisements and promotional flyers outside of the premises are exempt from posting calories if they do not list prices and do not provide a method to place an order.

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation	Revised Regulation
<p>Exemptions</p> <p>5. (2) Persons who own or operate regulated food service premises are exempt from clause 2 (2) (b) of the Act with respect to the following standard food items:</p> <ol style="list-style-type: none">1. Alcoholic beverages that are on display.2. Standard food items that are on display and that are labelled with a nutrition facts table that meets the requirements of the <i>Food and Drug Regulations</i> made under the <i>Food and Drugs Act</i> (Canada).	<p>Exemptions</p> <p>5. (2) Persons who own or operate regulated food service premises are exempt from clause 2 (2) (b) of the Act with respect to the following standard food items:</p> <ol style="list-style-type: none">1. Alcoholic beverages that are on display.2. Standard food items that are on display and that are labelled with a nutrition facts table that meets the requirements of the <i>Food and Drug Regulations</i> made under the <i>Food and Drugs Act</i> (Canada).3. <u>Standard food items in a vending machine.</u>
<p>The amendment exempts standard food items in vending machines from the requirement to post calories on a label or tag when on display.</p>	

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation

Exemptions

5.(1) Persons who own or operate the following regulated food service premises are exempt from section 2 of the Act with respect to those food service premises:

1. Food service premises that operate for less than 60 days in a calendar year.
2. Food service premises that are located in a school or private school within the meaning of the *Education Act*.
3. Food service premises that are located in a correctional institution within the meaning of the *Ministry of Correctional Services Act*.
4. Food service premises that are located in a child care centre as defined in the *Child Care and Early Years Act, 2014*.

(2) Persons who own or operate regulated food service premises are exempt from clause 2 (2) (b) of the Act with respect to the following standard food items:

1. Alcoholic beverages that are on display.
2. Standard food items that are on display and that are labelled with a nutrition facts table that meets the requirements of the *Food and Drug Regulations* made under the *Food and Drugs Act* (Canada).

Revised Regulation

New Provision

5.(3) For greater certainty, persons who own or operate one or more regulated food service premises that are grocery stores are exempt from section 2 of the Act in respect of the following food items sold at the grocery store:

1. **Deli meats and cheeses that are normally sold by weight and that are not part of another standard food item.**
2. **Prepared fruit and vegetables intended for multiple persons.**
3. **Flavoured bread, buns and rolls that are not part of another standard food item.**
4. **Olives and antipasti that are not part of another standard food item.**

The amendment provides clarification that the above items in grocery stores and convenience stores are exempt from menu labelling requirements

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation

How calorie information is to be displayed on menus, etc.

6. The information that, under section 2 of the Act, is required to be displayed on menus, labels and tags shall be displayed in accordance with the following rules:

1. The information must be adjacent to the name or price of the standard food item to which it refers.
2. The information must be in the same font and format as, and must be at least the same size and prominence as, the name or price of the standard food item to which it refers.
3. The information must be unobstructed and readily legible to individuals reading the menu, label or tag.
4. The information with respect to the number of calories of the standard food item must be rounded to the nearest 10 for items with over 50 calories and to the nearest five for items with 50 calories or less.

Revised Regulation

How calorie information is to be displayed on menus, etc.

6. (1) The information that, under section 2 of the Act, is required to be displayed on menus, labels and tags shall be displayed in accordance with the following rules:

1. The information must be adjacent to the name or price of the standard food item to which it refers.
2. The information must be in the same font and format as, and must be at least the same size and prominence as, the name or price of the standard food item to which it refers.
3. The information must be unobstructed and readily legible to individuals reading the menu, label or tag.

~~The information with respect to the number of calories of the standard food item must be rounded to the nearest 10 for items with over 50 calories and to the nearest five for items with 50 calories or less.~~

4. The information with respect to the number of calories of the standard food item must be rounded to,
 - i. the nearest 10 for items with over 50 calories,
 - ii. the nearest five for items with over 5 calories but not over 50 calories,
 - iii. the nearest whole number for items with half a calorie or more but not over 5 calories, and
 - iv. zero for items with less than half a calorie.

The amendment changes the rules about rounding the number of calories by adding requirements for items with less than 5 calories.

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation

How calorie information is to be displayed on menus, etc.

6.(7) Where a standard food item that is available in a number of flavours, varieties or sizes is listed on a menu, label or tag,

- i. if the menu, label or tag does not list the flavours, varieties or sizes of the standard food item that are available, and only includes a general description of the standard food item, the calorie range for the available flavours, varieties or sizes of the item must be displayed, and
- ii. if the menu, label or tag lists specific flavours, varieties or sizes of the standard food item, the number of calories for each flavour, variety or size must be displayed.

Revised Regulation

How calorie information is to be displayed on menus, etc.

6.(7) Where a standard food item that is available in a number of flavours, varieties or sizes is listed on a menu, label or tag,

- i. if the menu, label or tag does not list the flavours, varieties or sizes of the standard food item that are available, and only includes a general description of the standard food item, the calorie range for the available flavours, varieties or sizes of the item must be displayed,
- ii. if the menu, label or tag lists specific flavours, varieties or sizes of the standard food item, the number of calories for each flavour, variety or size must be displayed, **and**
- iii. **if the menu, label or tag does not list the flavours or varieties of the standard food item that are available and the item is displayed to the customer for purposes of choosing an item, but is displayed in a way that does not show the serving size, the number of calories for a serving of each flavour or variety of the item, and the serving size, must be posted on a sign that complies with the requirements of section 8.**

The amendment requires calories per serving and the serving size to be posted on a sign for each flavour/variety of standard food item that is displayed in bulk form.

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation

6.(9) Where a menu, label or tag includes combination meals with two or more variable items, the number of calories for the combination meal must be displayed as a range between the lowest and highest calorie variations of the combination meal that are available. Where the variable items of the combination meal are individually listed on the menu, label or tag, the number of calories for each possible option must be displayed. If the menu, label or tag includes an option to increase or decrease the size of a combination meal, the impact of the option on the overall number of calories of the combination meal must be declared for the increased or decreased size.

Revised Regulation

6.(9) Where a menu, label or tag includes combination meals with two or more variable items, the number of calories for the combination meal must be displayed as a range between the lowest and highest calorie variations of the combination meal that are available. Where the variable items of the combination meal are individually listed on the menu, label or tag, the number of calories for each possible option must be displayed. Where the items that constitute the variable items of the combination meal are displayed to the customer for purposes of choosing an item, but are displayed in a way that does not show the serving size, the number of calories for a serving of each food or drink item, and the serving size, must be posted on a sign that complies with the requirements of section 8. If the menu, label or tag includes an option to increase or decrease the size of a combination meal, the impact of the option on the overall number of calories of the combination meal must be declared for the increased or decreased size.

The amendment requires calories per serving and the serving size to be posted on a sign when the options in the combination meal that are displayed in bulk form.

Healthy Menu Choices Act, 2015 Regulation 50/16

Previous Regulation	Revised Regulation
How calorie information is to be displayed on menus, etc. Section 6 (1 – 10)	<u>New provision</u> Section 6 of the Regulation is amended by adding the following subsection: <u>6. (2) Where a sign is required to be posted under paragraph 7 or 9 of subsection (1), the person who owns or operates the regulated food service premise is exempt from the requirement to post the sign if the information required to be posted on the sign is set out clearly on a label or tag associated with each food or drink item that complies with subsection (1).</u>

The amendment provides that if a food service premise posts calories per serving on a display tag for their items displayed in bulk form, then the premises would not have to post a sign with calories. The amendment would provide regulated food service premises the option of posting calories for each serving on a sign or display tag for items displayed in bulk form.

Healthy Menu Choices Act, 2015 Regulation 50/16

Section 9 Contextual Statement January 2017

Previous Regulation

Section 9: Contextual statement, certain premises

Contextual statement, certain premises

9. (1) For the purposes of subsections 2 (6) and (7) of the Act, one or more signs that comply with the following rules are required to be publicly posted at every regulated food service premise:

1. The sign or signs must be posted in such a manner that at least one sign is readily visible by, and legible to, any individual who is in a place in the regulated food service premise where he or she can order food or drink or serve it to himself or herself
2. Each sign must contain the following information: “The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.” and, where the regulated food service premise sells or offers for sale standard food items that are targeted at children, may contain the following information: “The average child aged 4 to 8 years old requires approximately 1,200 to 1,400 calories per day, and the average child aged 9 to 13 years old requires approximately 1,400 to 2,000 calories per day; however, individual calorie needs may vary”.

Revised Regulation

Contextual statement, certain premises

9. (1) For the purposes of paragraph 2 of subsection 2 (1) of the Act, a person who owns or operates a regulated food service premise is required to post a contextual statement in accordance with the rules set out in subsections (2), (3) and (4) of this section.

The amendment comes into force on January 1, 2017 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

Section 9 Contextual Statement January 2017

Previous Regulation

9(2) A person who owns or operates a regulated food service premise is exempt from subsection (1) if the information required under paragraph 2 of that subsection or, if applicable, the alternative information set out in subsection (3) is displayed on every menu of the premise according to the following rules:

1. Where a menu is composed of multiple pages, the information must appear in such a way that the information is visible when the menu is opened to any page listing a standard food item.
2. The information must appear in a place on the menu or page of the menu that is in close proximity to the standard food items listed on the menu or page.
3. The information must appear in the same font and format as, and in at least the same size and prominence as, the name or price of the standard food items listed on the menu or page.

Revised Regulation

9(2) Subject to subsection (4), the contextual statement must be displayed on every menu of the premise, according to the following rules:

1. **The contextual statement must read,**
 - I. **“The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.” in English or “L’adulte moyen a besoin d’environ 2 000 à 2 400 calories par jour; Cependant, les besoins individuels en calories peuvent varier.” in French , or**
 - II. **“Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.” in English or “Les adultes et les jeunes (13 ans et plus) ont besoin, en moyenne, de 2 000 calories par jour et les enfants (4 à 12 ans) ont besoin, en moyenne, de 1 500 calories par jour; Cependant, les besoins individuels varient.” in French.**
2. **Where a menu is composed of multiple pages, the information must appear in such a way that the information is visible when the menu is opened to any page listing a standard food item.**
3. **The information must appear in a place on the menu or page of the menu that is in close proximity to the standard food items listed on the menu or page.**
4. **The information must appear in the same font and format as, and in at least the same size and prominence as, the name or price of the standard food items listed on the menu or page.**

The amendment comes into force on January 1, 2017 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

Section 9 Contextual Statement January 2017

Previous Regulation

9.(3) Where a menu or part of a menu is only targeted at children, the following alternative information may appear in the menu or part of the menu, as applicable, in place of the information listed in paragraph 2 of subsection (1):

“The average child aged 4 to 8 years old requires approximately 1,200 to 1,400 calories per day, and the average child aged 9 to 13 years old requires approximately 1,400 to 2,000 calories per day; however, individual calorie needs may vary.”

Revised Regulation

9. (3) Where an individual in a regulated food service premise is able to order food or drink or serve himself or herself in circumstances where a menu containing the contextual statement is not readily visible by, and legible to, the individual, a person who owns or operates the regulated food service premise must publicly post one or more signs that comply with the following rules:

1. The sign or signs must be posted in such a manner that at least one sign is readily visible by, and legible to, any individual who is in a place in the regulated food service premise where he or she can order food or drink or serve it to himself or herself.
2. Each sign must read,
 - I. “The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.” in English or “L’adulte moyen a besoin d’environ 2 000 à 2 400 calories par jour; Cependant, les besoins individuels en calories peuvent varier.” in French, or
 - II. “Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.” in English or “Les adultes et les jeunes (13 ans et plus) ont besoin, en moyenne, de 2 000 calories par jour et les enfants (4 à 12 ans) ont besoin, en moyenne, de 1 500 calories par jour; Cependant, les besoins individuels varient.” in French.

The amendment comes into force on January 1, 2017 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

Section 9 Contextual Statement January 2017

Previous Regulation

Contextual statement
Section 9 (1-3)

Revised Regulation

Contextual Statement – New provision

(4) The requirements of subsection (2) do not apply to advertisements that are displayed at a regulated food service premise or to advertisements and promotional flyers that are distributed or made available outside of the regulated food service premise if, in the case of advertisements and promotional flyers that are distributed or made available outside of the regulated food service premise, they satisfy either of the following criteria:

1. They do not list prices for standard food items.
2. They do not list standard food items that a person can order for delivery or takeaway ordering and do not provide a method to place an order.

The amendment comes into force on January 1, 2017 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

S. 9 Contextual Statement (January 1, 2018)

Previous Regulation

9. (1) For the purposes of subsections 2 (6) and (7) of the Act, one or more signs that comply with the following rules are required to be publicly posted at every regulated food service premise:

1. The sign or signs must be posted in such a manner that at least one sign is readily visible by, and legible to, any individual who is in a place in the regulated food service premise where he or she can order food or drink or serve it to himself or herself.
2. Each sign must contain the following information: “The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.” and, where the regulated food service premise sells or offers for sale standard food items that are targeted at children, may contain the following information: “The average child aged 4 to 8 years old requires approximately 1,200 to 1,400 calories per day, and the average child aged 9 to 13 years old requires approximately 1,400 to 2,000 calories per day; however, individual calorie needs may vary”.

Revised Regulation

9. (1) For the purposes of paragraph 2 of subsection 2 (1) of the Act, a person who owns or operates a regulated food service premise is required to post a contextual statement in accordance with the rules set out in subsections (2), (3) and (4) of this section.

The amendment comes into force on January 1, 2018 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

S. 9 Contextual Statement (January 1, 2018)

Previous Regulation

9.(2) A person who owns or operates a regulated food service premise is exempt from subsection (1) if the information required under paragraph 2 of that subsection or, if applicable, the alternative information set out in subsection (3) is displayed on every menu of the premise according to the following rules:

1. Where a menu is composed of multiple pages, the information must appear in such a way that the information is visible when the menu is opened to any page listing a standard food item.
2. The information must appear in a place on the menu or page of the menu that is in close proximity to the standard food items listed on the menu or page.
3. The information must appear in the same font and format as, and in at least the same size and prominence as, the name or price of the standard food items listed on the menu or page.

Revised Regulation

9. (2) **Subject to subsection (4), the contextual statement must be displayed on every menu of the premise, according to the following rules:**

1. **The contextual statement must read, “Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.” in English or “Les adultes et les jeunes (13 ans et plus) ont besoin, en moyenne, de 2 000 calories par jour et les enfants (4 à 12 ans) ont besoin, en moyenne, de 1 500 calories par jour; Cependant, les besoins individuels varient.” in French.**
2. Where a menu is composed of multiple pages, the information must appear in such a way that the information is visible when the menu is opened to any page listing a standard food item.
3. The information must appear in a place on the menu or page of the menu that is in close proximity to the standard food items listed on the menu or page.
4. The information must appear in the same font and format as, and in at least the same size and prominence as, the name or price of the standard food items listed on the menu or page.

The amendment comes into force on January 1, 2018 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

S. 9 Contextual Statement (January 1, 2018)

Previous Regulation

9. (3) Where a menu or part of a menu is only targeted at children, the following alternative information may appear in the menu or part of the menu, as applicable, in place of the information listed in paragraph 2 of subsection (1):

“The average child aged 4 to 8 years old requires approximately 1,200 to 1,400 calories per day, and the average child aged 9 to 13 years old requires approximately 1,400 to 2,000 calories per day; however, individual calorie needs may vary.”

Revised Regulation

3) Where an individual in a regulated food service premise is able to order food or drink or serve himself or herself in circumstances where a menu containing the contextual statement is not readily visible by, and legible to, the individual, a person who owns or operates the regulated food service premise must publicly post one or more signs that comply with the following rules:

- 1. The sign or signs must be posted in such a manner that at least one sign is readily visible by, and legible to, any individual who is in a place in the regulated food service premise where he or she can order food or drink or serve it to himself or herself.**
- 2. Each sign must read, “Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.” in English or “Les adultes et les jeunes (13 ans et plus) ont besoin, en moyenne, de 2 000 calories par jour et les enfants (4 à 12 ans) ont besoin, en moyenne, de 1 500 calories par jour; Cependant, les besoins individuels varient.” in French.**

The amendment comes into force on January 1, 2018 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

S. 9 Contextual Statement (January 1, 2018)

Previous Regulation

Contextual statement
Section 9 (1-3)

Revised Regulation

Contextual Statement – New provision

9. (4) The requirements of subsection (2) do not apply to advertisements that are displayed at a regulated food service premise or to advertisements and promotional flyers that are distributed or made available outside of the regulated food service premise if, in the case of advertisements and promotional flyers that are distributed or made available outside of the regulated food service premise, they satisfy either of the following criteria:

1. They do not list prices for standard food items.
2. They do not list standard food items that a person can order for delivery or takeaway ordering and do not provide a method to place an order.

The amendment comes into force on January 1, 2018 and changes the requirements regarding the contextual statement.

Healthy Menu Choices Act, 2015 Regulation 50/16

Frequently Asked Questions

Question: What food items are exempt from posting calories on a menu, label or tag if sold in a grocery or convenience store?

Answer:

The following items, when sold at a regulated grocery or convenience store, are not considered standard food items, and thus are exempt from the calorie posting requirements:

- Deli meats and cheeses that are normally sold by weight and that are not part of another standard food item;
- Prepared fruit and vegetables intended for multiple persons;
- Flavoured bread, buns and rolls that are not part of another standard food item; and
- Olives and antipasti that are not part of another standard food item.

Note that if any of these items are part of a standard food item (or part of a combination meal) they would require calorie posting.

Examples of items in a grocery or convenience store **not** captured by the legislation:

- Deli turkey meat that is portioned for the customer to be sold by weight, and that is not being sold as part of another standard food item (i.e. not part of a sandwich).
- A party sized fruit tray intended for multiple persons.
- A flavoured bagel that is sold in the bakery and is not part of another standard food item (i.e. not part of a sandwich).
- Olives that a customer serves for themselves and are not part of another standard food item (i.e. not part of a salad or combination meal).

Examples of items in a grocery or convenience store that may be captured by the legislation:

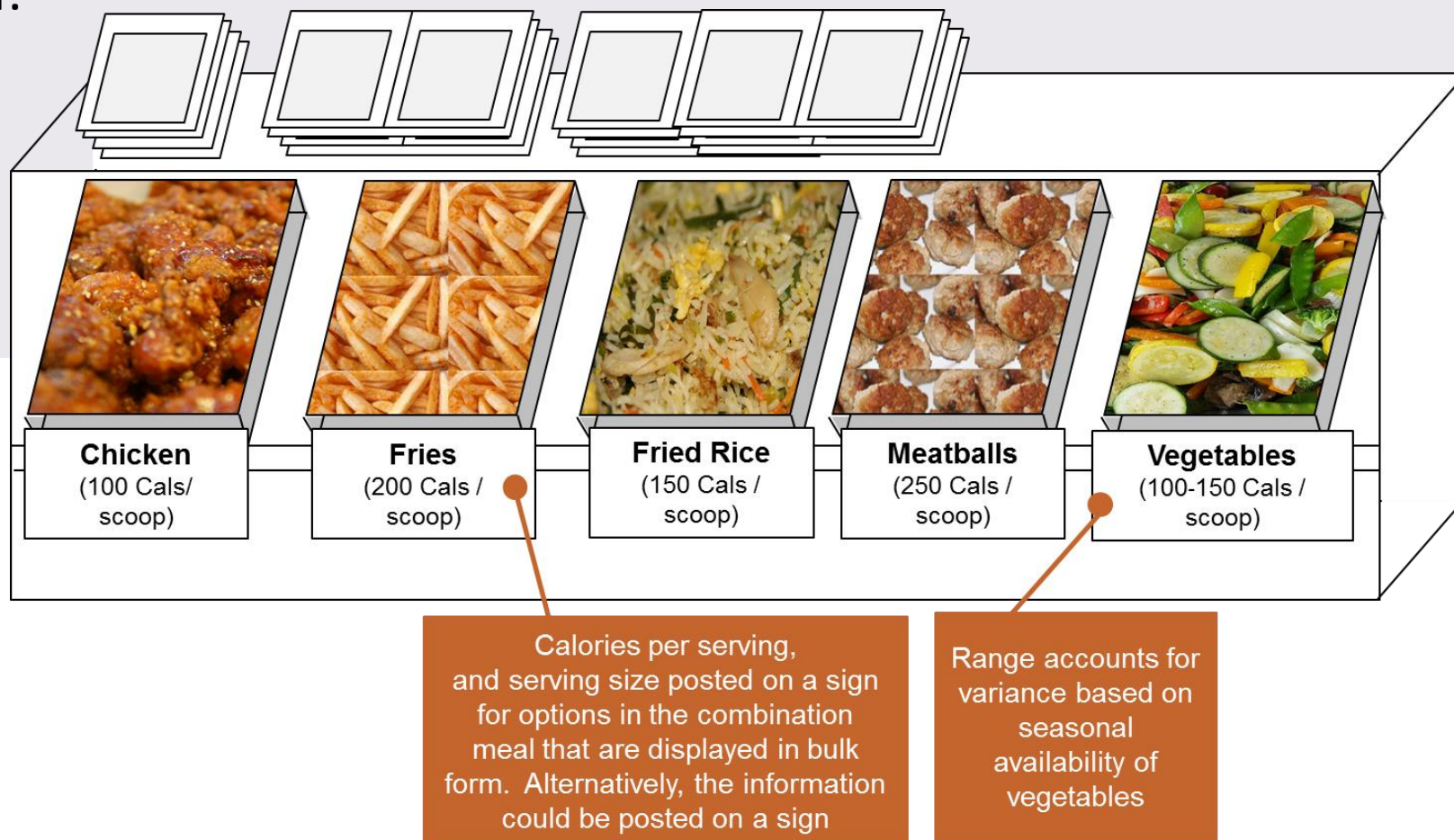
- A club sandwich with deli cheese that is a standard food item and prepared at the grocery store.
- A 'snack' fruit cup that is a standard food item and is intended for immediate consumption by one person.
- A bun that is offered for sale in a combination meal with the purchase of a soup.
- Olives that are offered within the self-serve salad bar for a customer to include in their salad that is intended for immediate consumption.

Healthy Menu Choices Act, 2015 Regulation 50/16

Frequently Asked Questions

Question: How must calorie information be displayed for menu items with multiple flavours, varieties or sizes?

Answer:



Healthy Menu Choices Act, 2015 Regulation 50/16

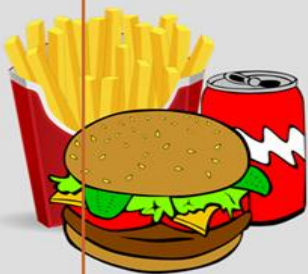
Frequently Asked Questions

Question:

How must calories be displayed for combination meals?

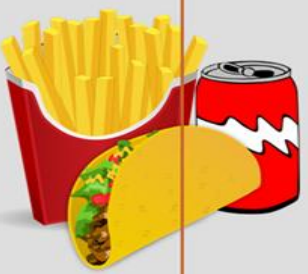
Answer:

Calories posted for the entire combination meal as if it is one standard food item




Cheeseburger, Medium Fries & Drink
\$5.99
(930-1170 Cals)

Range accounts for different flavours of pop (i.e. combo with lowest calorie drink to combo with highest calorie drink)



Beef Taco, Medium Fries & Drink
\$6.99
(900-1140 Cals)

Calories posted for a serving of the multi-person combination meal, and the number of servings



FAMILY MEAL
Bucket of Chicken & 1L Root Beer
\$9.99
(380 Cals per serving, serves 3)

Burger	\$3.50	600 Cals
Cheeseburger	\$4.00	730 Cals
Beef Taco	\$4.99	700 Cals
Fries		
Sm	\$1.25	150 Cals
Med	\$1.75	200 Cals
Lg	\$2.25	250 Cals
Drink	\$1.99	0-240 Cals

Upgrade your combo to large fries and drink
for \$1.99 (add 50-220 Cals)

Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.

Respective calories posted for individual items

Calories include drinks with a Nutrition Facts table, because they are part of the combination meal

New contextual statement (effective January 1, 2018*) posted in same size, font, format and prominence as name or price of item and in close proximity to standard food items

Calories posted for increase due to size upgrade

Healthy Menu Choices Act, 2015 Regulation 50/16

Frequently Asked Questions

Question:

What is the required contextual statement?

Answer:

As of January 1, 2018 the following contextual statement must be displayed on menus or a sign that is visible when customers are ordering standard food items or serving themselves:

“Adults and youth (ages 13 and older) need an average of 2,000 calories a day, and children (ages 4 to 12) need an average of 1,500 calories a day. However, individual needs vary.”

Between January 1, 2017 and December 31, 2017, food service premises can choose to post the contextual statement above, or to post the contextual statement as stated below:

“The average adult requires approximately 2,000 to 2,400 calories per day; however, individual calorie needs may vary.”

Thank you!

Questions?

menulabelling@ontario.ca