Dear School Lunch Coordinator:

Ensuring children have a healthy diet is important to all parents. As a result, provincial governments have been working towards providing guidelines, and in some cases regulations, on healthy eating in schools. Understanding how tough it can be to provide meals that kids love and still stay within the recommended nutritional and dietary requirements, we have developed recipes and a nutritional information package to help you make smart decisions when it comes to your children's food choices.

Panago has always taken special care to provide quality ingredients and more nutritional choices. Our ingredients do not contain nut products or any added transfat, MSG or artificial colours and flavours. In addition, we offer toppings such as Meat-Free Pepperoni and 2% partly skimmed mozzarella cheese that is rennet free. This helps us meet a diverse set of dietary requirements often needed for school programs.

Our work with the Vancouver School Board in 2009, allowed us to take this one step further. Panago created a menu that complied with the BC Ministry of Health and Education's guidelines for healthy eating in schools. Referencing the Canada's Food Guide, the BC government created four categories based on foods nutritional value. The categories are tough on high fat, high salt, high sugar, high caffeine, highly processed, super sized and high calorie foods. Foods that did not adhere to these high standards were eliminated from their school programs.

Using our quality ingredients, our Executive Chef assembled six Panago pizzas to accommodate the guidelines. During the development of the recipes, we found adding extra sauce to the pizza and including a Panago 100% Organic juice box easily increased the fruit and vegetable servings for the children. Working with the school board and children to make these minor adjustments to our products has allowed us to better understand the requirements for food sold in schools and has prepared us for the new regulations and guidelines put forth by other provinces.

Enclosed in this package are references to links that will help you find resources on various provincial guidelines and recommendations. For your convenience, we have created a summarized nutritional chart that will help you identify our "Choose Most" and "Sell Most" pizza recipes based on the nutritional policies in both BC and Ontario. We have also included frequently asked questions and allergen information.

If you wish for Panago to arrange for a sampling session and presentation at your school to go over our current programming and competitive hot lunch pricing, please let us know. All of us here at Panago are committed to providing as much information on our products as possible as we greatly value your partnership.

Thank you for your consideration, we look forward to working with you.

Sincerely,

Panago Pizza Franchisee

Provincial Regulations and Recommendations – Resource Links

British Columbia – Mandatory Since 2008
Guidelines for Food and Beverage Sales in BC Schools - 2010
http://www.bced.gov.bc.ca/health/2010_food_guidelines.pdf

Ontario –Mandatory in Fall 2011
School Food and Beverage Policy
http://www.edu.gov.on.ca/extra/eng/ppm/150.html

Alberta – Recommendations
Alberta Nutrition Guidelines for Children and Youth
http://www.healthyalberta.com/Documents/Nutrition-Guidelines-AB-2011.pdf

Saskatchewan – Recommendations
Healthy Foods for My School
http://www.health.gov.sk.ca/healthy-foods-school

Panago's "Health and Nutrition" Charts – Overview

Panago's "Health and Nutrition" charts provide a breakdown of the pizzas Panago has designated for school hot lunch programs. The charts are great tools that categorize various serving sizes most requested by schools. Using the chart, parents and schools should be able to assess which pizzas and serving sizes best fit their provinces recommendations or regulations. Please note, if a serving size does not meet the requirements for the most desired category, an explanation has been provided in the charts legend.

Pizzas in a large multigrain crust with ½ an ounce of extra sauce to meet the fruit and vegetable requirements and satisfy BC's nutritional policy include:

- Cheese
- Pepperoni
- Meat-Free Pepperoni
- Garden Veggie
- Chicken & Pineapple

Pizzas in a large hand tossed or multigrain crust that satisfy Ontario's nutritional policy include:

- Cheese
- Pepperoni
- Meat-Free Pepperoni
- Veggie Lite
- Ham and Pineapple


Nutrition Facts

Nutritional labels for all of our serving sizes are available upon request.

School Hot Lunch Program Frequently Asked Questions

Dietary Requirements:

Q: Does Panago offer a nut free environment?
A: Peanuts, peanut oil and tree nuts are not used in any Panago products or restaurants.

Q: How can I ensure your products will not have ingredients my children are allergic to?
A: Included in this package is a chart that indicates the presence of any of the commonly declared allergens recognized by the Canadian Food Inspection Agency. Please let us know if there are any specific allergens that you would like us to be aware of in serving your school.

Q: Does Panago offer any vegetarian options?
A: Yes, we offer a meat-free pepperoni and have 17 ingredients on our menu which can be used to build a vegetarian pizza. All of our cheese is free of rennet.

Nutrition:

Q: How can I access nutritional information for pizzas that are part of your hot lunch program?
A: Upon request, nutritional labels and information corresponding to various serving sizes are available. In addition, we have also developed "Health and Nutrition" charts for British Columbia and Ontario that parents and schools can use to assess which pizzas and serving sizes best fit their provinces recommendations or regulations. A more comprehensive nutritional chart featuring all of our products can be obtained by visiting the nutrition section of our website at panago.com.

Q: What changes can be made to a Panago lunch so that my child receives extra vegetable and/or fruit servings?
A: Adding a Panago 100% organic juice box to your hot lunch program will allow children to obtain additional fruit in their diet. The fruit juices, which contain no added sugar, come in a variety of flavours including: Grape Apple, Apple, Mango Orange and Lemonade. In Ontario, our juices meet the "Sell Most" category.

We also offer schools a salad program for lunch. For more details, please contact your local Panago store owner.

Q: Can we decrease the amount of cheese that is on the pizza?
A: Yes, we can decrease the amount of cheese on our pizza if required. However, the cheese provides children with a good source of protein as well as the daily recommendations of calcium as outlined by the Canadian Food Guide. We use 2% partly skimmed rennet free mozzarella cheese that is lower in fat.

Partnerships with Schools and Provincial Guidelines:

Q: Why did provinces such as British Columbia, Alberta, Saskatchewan and Ontario issue new nutritional policy and guideline recommendations for schools?
A: In an effort to help children eat healthier while at school, several provincial governments put together guidelines to ensure that items sold to students are tough on high fat, high salt, high sugar, high caffeine, highly processed, super-sized and high calorie foods. Although only British Columbia and Ontario have mandated their policies in schools, we expect many other

provinces will follow this movement in the future requiring more schools to adjust their lunch programs accordingly.

Q: What are the requirements for a serving size of pizza to fall under the BC Government's "Choose Most" category?

A: For any of our pizzas to fit under the "Choose Most" category, it **must** contain at least 1/3 of a Food Guide serving from at least three food groups, a vegetable/fruit being one of these. The pizza must also have less than 750 mg of sodium, have 3 g or more of fiber and incorporate at least 1.4 mg of iron in a serving. For more information on more of our products that fall within the "Choose Most" and "Choose Sometimes" category, please visit the website www.brandnamefoodlist.com

Q: What are the requirements for a serving size of pizza to fall under the Ontario Government's "Sell Most" category?

A: For any serving size to fit under Ontario's "Sell Most" category, it **must** contain less than 10 g of fat per serving. The serving size must also have less than 5 g of saturated fat, less than 960 mg of sodium, have 2 g or more of fiber and incorporate at least 10 g of protein. Schools are encouraged to follow these guidelines as it will become mandatory as of September 2011.

Q: What are the requirements for a serving size of pizza to fall under the Alberta Government's "Choose Most Often" category?

A: For any serving size to fit under Alberta's "Choose Most Often" category, it should be combined with foods from other food groups including: grains, fruits/veggie and protein. The serving size for 1/10th or 1/8th of a large pizza (200-299 calories per serving) must contain less than 7 g of fat, have less than 2 g of saturated fat, 0.3 g of trans fat and less than 500 mg of sodium. The serving size should have more than 2 g of fiber and incorporate at least 10 g of meat/poultry/fish or 7 g of beans/lentils. Schools are encouraged to choose foods falling under the "Choose Most Often" category or pair "Choose Sometimes" foods with side salads or low fat milks to create a balanced diet. These guidelines are recommendations and not yet mandatory.

Q: What are the requirements for a serving size of pizza to fall under the Saskatchewan Government's "Choose Most" category?

A: For any serving size to fit under Saskatchewan's "Choose Most" category it should include at least two food groups and preferences should be given to food items with vegetables listed in the first three ingredients. The serving size should also have 0.5 g or less of trans fat and four of the following: less than 3 g of fat, 2 g of saturated fat, 960 mg of sodium and greater than 2 g in fiber. Sugar should not be indicated as the first or second ingredient and at least one of vitamin A, vitamin C, calcium or iron: 5% or greater should be included. Schools are encouraged to choose foods falling under the "Choose Most" category or pair "Choose Sometimes" foods with fruit, vegetables or low fat milks to create a balanced diet. These guidelines are recommendations and not yet mandatory.