

# School District No. 23 Home Economics Teachers'

## Trans Fat Free Acceptable Product List

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### ***Margarines (2% Trans Fat or less)***

<b>Brand Name</b>	<b>Store</b>	<b>Size</b>	<b>Pricing</b>	<b>Price/100g</b>	<b>Trans Fat</b>	<b>Saturated Fat</b>	<b>Sodium</b>
Becel Original	Costco	1.81kg (4lb)	\$9.89	\$0.55	0%	12.5%	70mg/10g
	Safeway	1.81kg	\$10.99	\$0.61			
	Save-On Foods	1.81kg	\$10.99	\$0.61			
	Superstore	1.81kg	\$9.89	\$0.55			
	Walmart	1.81kg	\$10.47	\$0.58			
Eating Right Non-Hydrogenated Margarine	Safeway	1.81kg	\$8.89	\$0.49	0%	12.5%	70mg/10g
No Name Non-Hydrogenated 70% Vegetable Oil Margarine	Superstore	1.36kg	\$4.48	\$0.33	0%	14.3%	60mg/10g
PC Blue Menu Celeb	Superstore	1.81kg	\$7.49	\$0.41	0%	12.5%	70mg/10g
Western Family Non-Hydrogenated Margarine	Save-On Foods	1.81kg	\$7.99	\$0.44	0%	12.5%	70mg/10g

**Butter/Lard (5% Trans Fat or less)**

<b>Brand name</b>	<b>Store</b>	<b>Size</b>	<b>Pricing</b>	<b>Price/100g</b>	<b>Trans Fat</b>	<b>Saturated Fat</b>	<b>Sodium</b>
Foothills 50/50 Blend Butter/Margarine	Superstore	454g (1lb)	First 3 \$3.33, then \$3.79	\$0.73, then \$0.83	1.25%	50%	70mg/10g
Foremost Dairies Salted Butter	Superstore	454g	\$4.69	\$1.03	2.5%	62.5%	70mg/10g
Foremost Dairies Unsalted Butter	Superstore	454g	First 2 \$2.97, then \$3.67	\$0.65, then \$0.81	2.5%	62.5%	0mg/10g
Fraser Valley Salted Butter	Safeway	454g	\$5.59	\$1.24	2.5%	62.5%	60mg/10g
	Save-On Foods	454g	\$5.59	\$1.24			
	Walmart	454g	\$5.54	\$1.23			
Fraser Valley Unsalted Butter	Safeway	250g	\$3.39	\$1.36	2.5%	62.5%	0mg/10g
	Save-On Foods	454g	\$5.59	\$1.23			
	Walmart	454g	\$5.54	\$1.22			
Great Value Salted Butter	Walmart	454g	\$2.97	\$0.65	2.5%	62.5%	60mg/10g
Lucerne Salted Butter	Safeway	454g	\$3.99	\$0.88	2.5%	62.5%	60mg/10g
Lucerne Unsalted Butter	Safeway	454g	\$4.99	\$1.10	2.5%	62.5%	0mg/10g
Meadowvale Salted Butter	Costco	454g	\$3.89	\$0.86	2.5%	62.5%	60mg/ 10g
Meadowvale Unsalted Butter	Costco	454g	\$3.89	\$0.86	3.75%	56.25%	0mg/ 10g
Neilson Salted Butter	Superstore	454g	First 2 \$2.97, then \$3.67	\$0.65, then \$0.81	2.5%	62.5%	80mg/10g
Western Family Salted Butter	Save-On Foods	454g	\$2.99	\$0.66	2.5%	62.5%	60mg/10g
No Name Pure Lard	Superstore	454g	\$2.48	\$0.55	1.0%	40%	0mg/10g
Tenderflake Pure Lard	Safeway	1.36kg (3lb)	\$7.99	\$0.59	1.0%	40%	0mg/10g
	Save-On Foods	454g	\$2.89	\$0.64			
	Superstore	1.36kg	\$7.99	\$0.59			
	Walmart	454g	\$2.47	\$0.54			

**Low Stability Vegetable Oils (2% Trans Fat or less)**

<b>Brand Name</b>	<b>Store</b>	<b>Size</b>	<b>Pricing</b>	<b>Price/100mL</b>	<b>Trans Fat</b>	<b>Saturated Fat</b>
Canola Harvest 100% Canola Oil	Safeway	3L	\$11.39	\$0.38	0%	5.5%
	Save-On Foods	3L	\$10.99	\$0.37		
Great Value Canola Oil	Walmart	1.42L	\$3.67	\$0.26	0%	5.5%
Mazola 100% Pure Canola Oil	Safeway	2.48L	\$9.99	\$0.40	0%	5.5%
	Walmart	1.42L	\$4.27	\$0.30		
No Name 100% Pure Canola Oil	Superstore	3L	\$4.58	\$0.15	0%	5.5%
No Name Club Pack Canola Oil	Superstore	16L	\$18.99	\$0.12	0%	5.5%
Safeway 100% Pure Canola Oil	Safeway	3L	\$7.99	\$0.27	0%	5.5%
Sunfrie Canola Oil	Costco	16L	\$18.99	\$0.12	0%	6.7%
Sunfrie 100% Pure Canola Oil	Costco	4L	\$5.59	\$0.14	0%	6.7%
Value Priced 100% Canola Oil	Save-On Foods	3L	\$8.49	\$0.28	0%	5.5%
Western Family 100% Canola Oil	Save-On Foods	3L	\$9.99	\$0.33	0%	5.5%
Borges Grapeseed Oil	Safeway	500mL	\$5.79	\$1.16	0%	14.3%
	Save-On Foods	500mL	\$5.79	\$1.16		
Filippo Berio Grapeseed Oil	Safeway	750mL	\$8.79	\$1.17	0%	10.7%
	Save-On Foods	750mL	\$8.99	\$1.20		
Ottavio All Natural Grapeseed Oil	Costco	2L	\$9.39	\$0.47	0%	7.1%
PC Grapeseed Oil	Superstore	750mL	\$5.99	\$0.80	0%	11.1%
Bertolli Extra Virgin Olive Oil	Walmart	2L	\$19.99	\$1.00	0%	16.7%

**Low Stability Oils cont.**

<b>Brand Name</b>	<b>Store</b>	<b>Size</b>	<b>Pricing</b>	<b>Price/ 100mL</b>	<b>Trans Fat</b>	<b>Saturated Fat</b>
Filippo Berio Extra Virgin Olive Oil	Walmart	3L	\$26.97	\$0.90	0%	15.4%
Kirkland Signature Pure Olive Oil	Costco	5L	\$23.49	\$0.47	0%	16.7%
Lefas Extra Virgin Olive Oil	Superstore	3L	\$19.99	\$0.67	0%	22.2%
No Name Pure Olive Oil	Superstore	1L	\$6.58	\$0.66	0%	16.7%
Ottavio Pure Olive Oil	Costco	2L	\$9.99	\$0.50	0%	14.3%
Petrelli Pomace and Extra Virgin Olive Oil	Save-On Foods	3L	\$22.99	\$0.77	0%	14.3%
PurOliva (Canola and Extra Virgin Olive Oil)	Superstore	1.89L	\$6.39	\$0.34	0%	11.1%
	Walmart	1.89L	\$5.97	\$0.32		
Safeway Select Extra Virgin Olive Oil	Safeway	2L	\$17.99	\$0.90	0%	14.3%
Terra Delyssa Extra Virgin Olive Oil	Superstore	3L	\$15.99	\$0.53	0%	14.3%
Western Family Extra Virgin Olive Oil	Save-On Foods	3L	\$28.99	\$0.97	0%	11.1%
No Name 100% Pure Sunflower Oil	Superstore	946mL	\$3.48	\$0.37	0%	11.1%
Safflo Sunflower Oil	Save-On Foods	1L	\$5.99	\$0.60	0%	11.1%
Unico Sunflower Oil	Walmart	3L	\$8.97	\$0.30	0%	16.7%
Western Family 100% Sunflower Oil	Save-On Foods	1L	\$5.79	\$0.58	0%	11.1%
Capri Vegetable Oil (Soybean)	Superstore	4L	\$5.69	\$0.14	1.1%	16.7%
Crisco Vegetable Oil (Soybean)	Safeway	3.78L	\$15.99	\$0.42	1.1%	16.7%
	Save-On Foods	1.42L	\$6.99	\$0.49		
	Walmart	1.42L	\$4.98	\$0.35		

**Mid Stability Vegetable Oils (2% Trans Fat or less)**

<b>Brand Name</b>	<b>Store</b>	<b>Size</b>	<b>Pricing</b>	<b>Price/100mL</b>	<b>Trans Fat</b>	<b>Saturated Fat</b>
Mazola 100% Pure Corn Oil	Superstore	1.42L	\$4.98	\$0.35	0%	11.1%
		2.48L	\$7.98	\$0.32		
	Walmart	1.42L	\$4.27	\$0.30		
	Safeway	2.48L	\$9.99	\$0.40		
	Save-On Foods	1.42L	\$7.29	\$0.51		
No Name 100% Pure Corn Oil	Superstore	3L	\$7.88	\$0.26	0%	11.1%
Rooster Brand 100% Pure Corn Oil	Superstore	1.42L	\$4.88	\$0.34	0%	11.1%
Western Family 100% Corn Oil	Save-On Foods	2L	\$9.99	\$0.50	0%	11.1%
PC Safflower Oil	Superstore	946mL	\$5.79	\$0.61	0%	8%
No Name 100% Pure Mid-Oleic Sunflower Oil	Superstore	3L	\$9.48	\$0.32	0%	11.1%

**High Stability Vegetable Oils (2% Trans Fat or less)**

<b>Brand Name</b>	<b>Store</b>	<b>Size</b>	<b>Pricing</b>	<b>Price/100mL</b>	<b>Trans Fat</b>	<b>Saturated Fat</b>
No Name 100% Pure Peanut Oil	Superstore	946mL	\$4.98	\$0.53	0%	22.2%
Planters 100% Pure Peanut Oil	Safeway	750mL	\$6.99	\$0.93	0%	17.9%
	Save-On Foods	750mL	\$6.99	\$0.93		

**Shortenings (5% Trans Fat or less)**

<b>Brand Name</b>	<b>Store</b>	<b>Size</b>	<b>Pricing</b>	<b>Price/100g</b>	<b>Trans Fat</b>	<b>Saturated Fat</b>	<b>Sodium</b>
Crisco All Vegetable Shortening	Safeway	1.36kg (3lb)	\$8.23	\$0.61	3.75%	25%	0mg/10g
	Save-On Foods	454g (1lb)	\$2.99	\$0.66			
	Save-On Foods	1.36kg	\$7.99	\$0.59			
	Superstore	1.36kg	\$6.99	\$0.51			
	Walmart	454g	\$2.38	\$0.52			
Crisco Golden All Vegetable Shortening	Save-On Foods	454g	\$2.99	\$0.66	3.75%	25%	0mg/10g
	Walmart	454g	\$2.38	\$0.52			