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PART 1 - GENERAL INFORMATION

1.1 Security Requirements

1. There is no security requirement applicable to the Contract.

1.2 Statement of Work

- 1.2.1 The Work to be performed is detailed under Article 6.2 of the resulting contract clauses.

1.3 Debriefings

Bidders may request a debriefing on the results of the bid solicitation process. Bidders should make the request to the Contracting Authority within 15 working days from receipt of the results of the bid solicitation process. The debriefing may be in writing, by telephone or in person.

1.4 Disclosure of Greenhouse Gas Emissions and Setting of Reduction Targets

- 1.4.1 This procurement is subject to a preference for Bidders participating in a greenhouse gas (GHG) emissions disclosure, target-setting and reduction initiative such as the Net-Zero Challenge or equivalent. For additional information refer to Part 4 Evaluation Procedures and Basis of Selection and Part 5 Certifications and Additional Information.”

PART 2 - BIDDER INSTRUCTIONS

2.1 Standard Instructions, Clauses and Conditions

All instructions, clauses and conditions identified in the bid solicitation by number, date and title are set out in the [Standard Acquisition Clauses and Conditions Manual](https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual) (<https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual>) issued by Public Works and Government Services Canada.

Bidders who submit a bid agree to be bound by the instructions, clauses and conditions of the bid solicitation and accept the clauses and conditions of the resulting contract.

The [2003](#) (2023-06-08) Standard Instructions - Goods or Services - Competitive Requirements, are incorporated by reference into and form part of the bid solicitation.

2.2 Submission of Bids

- 2.2.1 Bids must be submitted only to the Department of National Defence (DND) unit specified below by the date and time indicated on page 1 of the bid solicitation:

cansofcomj4contracts-contratsj4comfoscan@forces.gc.ca

Due to the nature of the bid solicitation, bids transmitted by facsimile to PWGSC will not be accepted.

2.3 Former Public Servant

- 2.3.1 Contracts awarded to former public servants (FPS) in receipt of a pension or of a lump sum payment must bear the closest public scrutiny, and reflect fairness in the spending of public funds. In order to comply with Treasury Board policies and directives on contracts awarded to FPSs, bidders must provide the information required below before contract award. If the

answer to the questions and, as applicable the information required have not been received by the time the evaluation of bids is completed, Canada will inform the Bidder of a time frame within which to provide the information. Failure to comply with Canada's request and meet the requirement within the prescribed time frame will render the bid non-responsive.

Definitions

For the purposes of this clause, "former public servant" is any former member of a department as defined in the [Financial Administration Act](#), R.S., 1985, c. F-11, a former member of the Canadian Armed Forces or a former member of the Royal Canadian Mounted Police. A former public servant may be:

- a. an individual;
- b. an individual who has incorporated;
- c. a partnership made of former public servants; or
- d. a sole proprietorship or entity where the affected individual has a controlling or major interest in the entity.

"lump sum payment period" means the period measured in weeks of salary, for which payment has been made to facilitate the transition to retirement or to other employment as a result of the implementation of various programs to reduce the size of the Public Service. The lump sum payment period does not include the period of severance pay, which is measured in a like manner.

"pension" means a pension or annual allowance paid under the [Public Service Superannuation Act](#) (PSSA), R.S., 1985, c. P-36, and any increases paid pursuant to the [Supplementary Retirement Benefits Act](#), R.S., 1985, c. S-24 as it affects the PSSA. It does not include pensions payable pursuant to the [Canadian Forces Superannuation Act](#), R.S., 1985, c. C-17, the [Defence Services Pension Continuation Act](#), 1970, c. D-3, the [Royal Canadian Mounted Police Pension Continuation Act](#), 1970, c. R-10, and the [Royal Canadian Mounted Police Superannuation Act](#), R.S., 1985, c. R-11, the [Members of Parliament Retiring Allowances Act](#), R.S. 1985, c. M-5, and that portion of pension payable to the [Canada Pension Plan Act](#), R.S., 1985, c. C-8.

Former Public Servant in Receipt of a Pension

As per the above definitions, is the Bidder a FPS in receipt of a pension? Yes () No ()

If so, the Bidder must provide the following information, for all FPSs in receipt of a pension, as applicable:

- a. name of former public servant;
- b. date of termination of employment or retirement from the Public Service.

By providing this information, Bidders agree that the successful Bidder's status, with respect to being a former public servant in receipt of a pension, will be reported on departmental websites as part of the published proactive disclosure reports in accordance with [Contracting Policy Notice: 2019-01](#) and the [Guidelines on the Proactive Disclosure of Contracts](#).

Work Force Adjustment Directive

Is the Bidder a FPS who received a lump sum payment pursuant to the terms of the Work Force Adjustment Directive? Yes () No ()

If so, the Bidder must provide the following information:

- a. name of former public servant;
- b. conditions of the lump sum payment incentive;
- c. date of termination of employment;
- d. amount of lump sum payment;
- e. rate of pay on which lump sum payment is based;
- f. period of lump sum payment including start date, end date and number of weeks;
- g. number and amount (professional fees) of other contracts subject to the restrictions of a work force adjustment program.

2.4 Enquiries - Bid Solicitation

All enquiries must be submitted in writing to the Contracting Authority no later than 5 (five) calendar days before the bid closing date. Enquiries received after that time may not be answered.

Bidders should reference as accurately as possible the numbered item of the bid solicitation to which the enquiry relates. Care should be taken by Bidders to explain each question in sufficient detail in order to enable Canada to provide an accurate answer. Technical enquiries that are of a proprietary nature must be clearly marked "proprietary" at each relevant item. Items identified as "proprietary" will be treated as such except where Canada determines that the enquiry is not of a proprietary nature. Canada may edit the question(s) or may request that the Bidder do so, so that the proprietary nature of the question(s) is eliminated, and the enquiry can be answered to all Bidders. Enquiries not submitted in a form that can be distributed to all Bidders may not be answered by Canada.

2.5 Applicable Laws

Any resulting contract must be interpreted and governed, and the relations between the parties determined, by the laws in force in Ontario, Canada.

Bidders may, at their discretion, substitute the applicable laws of a Canadian province or territory of their choice without affecting the validity of their bid, by deleting the name of the Canadian province or territory specified and inserting the name of the Canadian province or territory of their choice. If no change is made, it acknowledges that the applicable laws specified are acceptable to the Bidders.

2.6 Bid Challenge and Recourse Mechanisms

- (a) Several mechanisms are available to potential suppliers to challenge aspects of the procurement process up to and including contract award.
- (b) Canada encourages suppliers to first bring their concerns to the attention of the Contracting Authority. Canada's [Buy and Sell](#) website, under the heading "[Bid Challenge and Recourse Mechanisms](#)" contains information on potential complaint bodies such as:

- Office of the Procurement Ombudsman (OPO)
- Canadian International Trade Tribunal (CITT)

(c) Suppliers should note that there are **strict deadlines** for filing complaints, and the time periods vary depending on the complaint body in question. Suppliers should therefore act quickly when they want to challenge any aspect of the procurement process.

PART 3 - BID PREPARATION INSTRUCTIONS

3.1 Bid Preparation Instructions

3.1.1 Due to the nature of the bid solicitation, bids transmitted by CPC Connect service and by facsimile will not be accepted.

Canada requests that bidders provide their bid in separate sections as follows:

Section I: Technical Bid 1 (one) soft copy via email

Section II: Financial Bid 1 (one) soft copy via email

Section IV: Certifications 1 (one) soft copy via email

Section V: Additional Information 1 (one) soft copy via email

Prices must appear in the financial bid only. No prices must be indicated in any other section of the bid.

In order to assist Canada in meeting the objectives of the [Policy on Green Procurement](#) when feasible bidders should prepare and submit their bid as follows:

- 1) Include all environmental certification(s) relevant to your organization (such as ISO 14001, Leadership in Energy and Environmental Design (LEED), Carbon Disclosure Project, etc.).
- 2) Include all third party environmental certification(s) or Environmental Product Declaration(s) (EPD) specific to your product/service (such as Canadian Standards Association (CSA Group), Underwriters Laboratories (ULSolutions); Forest Stewardship Council (FSC), ENERGYSTAR, etc.).
- 3) Unless otherwise noted, bidders are encouraged to submit bids electronically. If hard copies are required, bidders should:
 - a. use 8.5 x 11 inch (216 mm x 279 mm) paper containing fibre certified as originating from a sustainably managed forest and containing minimum 30% recycled content; and
 - b. use an environmentally preferable format including black and white printing instead of colour printing, printing double sided/duplex, using staples or clips instead of Cerlox, duo tangs, spiral binding or binders, and must not contain any single-use plastics.

Canada is committed to achieving net zero greenhouse gas (GHG) emissions by 2050 in an effort to position Canada for success in a green economy and to mitigate climate change impacts. As a result, future solicitations may include the following:

- there may be evaluation criteria or other instructions in the solicitation or contract documents related to measuring and disclosing your company's GHG emissions;

- you may be requested or required to join one of the following initiatives to submit a bid, offer or arrangement or if you are awarded the contract:
 - Canada's Net-Zero Challenge;
 - the United Nations Race to Zero;
 - the Science-based Targets Initiative;
 - the Carbon Disclosure Project;
 - the International Organization for Standardization;
 - you may be required to provide other evidence of your company's commitment and actions toward meeting net zero targets by 2050.

Section I: Technical Bid

In their technical bid, Bidders should explain and demonstrate how they propose to meet the requirements and how they will carry out the Work.

Section II: Financial Bid

Bidders must submit their financial bid in accordance with the Basis of Payment.

3.1.1 Electronic Payment of Invoices – Bid

If you are willing to accept payment of invoices by Electronic Payment Instruments, complete Annex "C" Electronic Payment Instruments, to identify which ones are accepted.

If Annex "C" Electronic Payment Instruments is not completed, it will be considered as if Electronic Payment Instruments are not being accepted for payment of invoices.

Acceptance of Electronic Payment Instruments will not be considered as an evaluation criterion.

3.1.2 Exchange Rate Fluctuation

[C3011T](#) (2013-11-06) Exchange Rate Fluctuation

3.1.3 SACC Manual Clauses

Section IV: Certifications

Bidders must submit the certifications and additional information required under Part 5.

PART 4 - EVALUATION PROCEDURES AND BASIS OF SELECTION

4.1 Evaluation Procedures

- (a) Bids will be assessed in accordance with the entire requirement of the bid solicitation including technical and financial evaluation criteria; and
- (b) An evaluation team composed of representatives of Canada will evaluate the bids.

4.1.1 Technical Evaluation

4.1.1.1 Mandatory Technical Criteria

- The provision of ready-to-eat dispersed meals and catering services to DND for up to 130 personnel, in accordance with the details herein described;
- Compliant with all relevant federal, provincial, and municipal laws, regulations, training, and licensing, required for the provision of catering services and food handling;
- To provide a detailed menu plan for each meal on or before 31 May 2024;
- Provide and serve each meal "on site" at Huyck's Bay Christian Camp from 16-28 June 2024. This must include the option for individual serving containers should a member wish to take a meal-to-go;
- Provide a BBQ lunch at CFB Trenton (grills to be provided by DND) on the 28 June 2024 at CFB Trenton. Exact location and meal type will be coordinated with the winning Contractor;
- Each meal must conform to the standards described in Appendix 1 and Appendix 2 to this Annex A. Meals that are not compliant with the specifications detailed herein will be returned to the Contractor and DND will not be charged for them. The Contracting Authority may withdraw the services of the Contractor in the event the desired quality of meals is not met;
- "Mealtimes:
Breakfast: 0630-0830 hrs
Lunch: 1130-1330 hrs
Supper: 1630-1830 hrs"
- The main meals must be hot meals, as described in Appendix 1;
- Each main meal must include between 1200-1500kcal, 50-60 grams of protein, and 115-150 grams of carbohydrate;
- Meals must alternate between different protein options, not repeating the same protein food items in back-to-back meals (beef, chicken, pork, fish, and plant-based protein option for those with dietary restrictions);
- There must be a variety of carbohydrate rich food items, not repeating the same carbohydrate food item in back-to-back meals (rice/wild rice, pasta, breads, grains, etc.);
- Meals must include a minimum of two (2) different colour vegetables to provide a variety of nutrients;
- Meals must use healthier cooking methods, baking, roasting, grilling, and steaming, rather than higher at cooking methods; and
- Ability to serve Kosher, Halal, and Vegetarian options as required.

4.1.3 Financial Evaluation

SACC Manual Clause [A0220T](#) (2014-06-26), Evaluation of Price-Bid

4.2 Basis of Selection

A bid must comply with the requirements of the bid solicitation and meet all mandatory technical evaluation criteria to be declared responsive. The responsive bid with the lowest evaluated price will be recommended for award of a contract.

PART 5 – CERTIFICATIONS AND ADDITIONAL INFORMATION

Bidders must provide the required certifications and additional information to be awarded a contract.

The certifications provided by Bidders to Canada are subject to verification by Canada at all times. Unless specified otherwise, Canada will declare a bid non-responsive, or will declare a contractor in default if any

certification made by the Bidder is found to be untrue whether made knowingly or unknowingly, during the bid evaluation period or during the contract period.

The Contracting Authority will have the right to ask for additional information to verify the Bidder's certifications. Failure to comply and to cooperate with any request or requirement imposed by the Contracting Authority will render the bid non-responsive or constitute a default under the Contract.

5.1 Certifications Required with the Bid

Bidders must submit the following duly completed certifications as part of their bid.

5.1.1 Integrity Provisions - Declaration of Convicted Offences

In accordance with the Integrity Provisions of the Standard Instructions, all bidders must provide with their bid, **if applicable**, the declaration form available on the [Forms for the Integrity Regime](http://www.tpsgc-pwgsc.gc.ca/ci-if/declaration-eng.html) website (<http://www.tpsgc-pwgsc.gc.ca/ci-if/declaration-eng.html>), to be given further consideration in the procurement process.

5.2 Certifications Precedent to Contract Award and Additional Information

The certifications and additional information listed below should be submitted with the bid but may be submitted afterwards. If any of these required certifications or additional information is not completed and submitted as requested, the Contracting Authority will inform the Bidder of a time frame within which to provide the information. Failure to provide the certifications or the additional information listed below within the time frame provided will render the bid non-responsive.

5.2.1 Integrity Provisions – Required Documentation

In accordance with the section titled Information to be provided when bidding, contracting or entering into a real property agreement of the [Ineligibility and Suspension Policy](http://www.tpsgc-pwgsc.gc.ca/ci-if/politique-policy-eng.html) (<http://www.tpsgc-pwgsc.gc.ca/ci-if/politique-policy-eng.html>), the Bidder must provide the required documentation, as applicable, to be given further consideration in the procurement process.

5.2.2 Security Requirements – Required Documentation

In accordance with the [requirements of the Contract Security Program](http://www.tpsgc-pwgsc.gc.ca/esc-src/introduction-eng.html) of Public Works and Government Services Canada (<http://www.tpsgc-pwgsc.gc.ca/esc-src/introduction-eng.html>), the Bidder must provide a completed Contract Security Program Application for Registration (AFR) form to be given further consideration in the procurement process.

Bidders are reminded to obtain the required security clearance and, as applicable, security capabilities promptly. As indicated above, bidders who do not provide all the required information at bid closing will be given the opportunity to complete any missing information from the AFR form within a period set by the Contracting Authority. If that information is not provided within the timeframe established by the Contracting Authority (including any extension granted by the Contracting Authority in its discretion), or if Canada requires further information from the bidder in connection with assessing the request for security clearance (i.e., information not required by the AFR form), the Bidder will be required to submit that information within the time period established by the Contracting Authority, which will not be less than 48 hours. If, at any time, the Bidder fails to provide the required information within the timeframe established by the Contracting Authority, its bid will be declared non-compliant.

PART 6 - RESULTING CONTRACT CLAUSES

The following clauses and conditions apply to and form part of any contract resulting from the bid solicitation.

6.1 Security Requirements

6.1.1 There is no security requirement applicable to the Contract.

6.2 Statement of Work

6.2.1 The Contractor must perform the Work in accordance with the Statement of Work at Annex A.

6.3 Standard Clauses and Conditions

All clauses and conditions identified in the Contract by number, date and title are set out in the [Standard Acquisition Clauses and Conditions Manual](https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual) (<https://buyandsell.gc.ca/policy-and-guidelines/standard-acquisition-clauses-and-conditions-manual>) issued by Public Works and Government Services Canada.

6.3.1 General Conditions

[2010C](#) (2022-12-01), General Conditions - Services (Medium Complexity) apply to and form part of the Contract.

6.4 Term of Contract

6.4.1 Period of the Contract

The period of the Contract is from 16 - 28 June 2024 inclusive.

6.4.5 Delivery Points

Delivery of the requirement will be made to delivery point(s) specified at Annex "A" of the Contract.

6.5 Authorities

6.5.1 Contracting Authority

The Contracting Authority for the Contract is:

Name: Sabrina Lafleur
Title: Contracting Officer
Department of National Defence
Address: 101 Colonel By Drive, Ottawa, Ontario
Telephone: 613-998-4819
E-mail address: Sabrina.Lafleur@forces.gc.ca

The Contracting Authority is responsible for the management of the Contract and any changes to the Contract must be authorized in writing by the Contracting Authority. The Contractor must not perform work in excess of or outside the scope of the Contract based on verbal or written requests or instructions from anybody other than the Contracting Authority.

6.5.2 Technical Authority

The Technical Authority for the Contract is:

Name: To Be Determined (TBD)
Title: TBD
Organization: Department of National Defence
Address: 101 Colonel By Drive, Ottawa, Ontario
Telephone: TBD
E-mail address: TBD

The Technical Authority is the representative of the department or agency for whom the Work is being carried out under the Contract and is responsible for all matters concerning the technical content of the Work under the Contract. Technical matters may be discussed with the Technical Authority; however, the Technical Authority has no authority to authorize changes to the scope of the Work. Changes to the scope of the Work can only be made through a contract amendment issued by the Contracting Authority.

6.5.3 Contractor's Representative

Name: To Be Determined (TBD)
Title: TBD
Organization: TBD
Address: TBD
Telephone: TBD
E-mail address: TBD

6.6 Proactive Disclosure of Contracts with Former Public Servants

By providing information on its status, with respect to being a former public servant in receipt of a *Public Service Superannuation Act* (PSSA) pension, the Contractor has agreed that this information will be reported on departmental websites as part of the published proactive disclosure reports, in accordance with Contracting Policy Notice: 2019-01 of the Treasury Board Secretariat of Canada.

6.7 Payment

6.7.1 Basis of Payment

For the Work described in section 4 of the *Statement of Work in Annex A* :

In consideration of the Contractor satisfactorily completing its obligations under the Contract, the Contractor will be paid a firm price, for a cost of \$_____ (*insert the amount at contract award*). Customs duties are included and Applicable Taxes are extra.

For the firm price portion of the Work only, Canada will not pay the Contractor for any design changes, modifications or interpretations of the Work unless they have been approved, in writing, by the Contracting Authority before their incorporation into the Work.

6.7.2 Limitation of Price

SACC Manual clause [C6000C](#) (2017-08-17) Limitation of Price

6.7.5 Electronic Payment of Invoices – Contract

The Contractor accepts to be paid using any of the following Electronic Payment Instrument(s):

- a. Direct Deposit (Domestic and International);

6.8 Invoicing Instructions

1. The Contractor must submit invoices in accordance with the section entitled "Invoice Submission" of the general conditions. Invoices cannot be submitted until all work identified in the invoice is completed.
2. Invoices must be distributed as follows:
 - a. The original and one (1) copy must be forwarded to the address shown on page 1 of the Contract for certification and payment.
 - b. One (1) copy must be forwarded to the Contracting Authority identified under the section entitled "Authorities" of the Contract.

6.9 Certifications and Additional Information

6.9.1 Compliance

Unless specified otherwise, the continuous compliance with the certifications provided by the Contractor in its bid or precedent to contract award, and the ongoing cooperation in providing additional information are conditions of the Contract and failure to comply will constitute the Contractor in default. Certifications are subject to verification by Canada during the entire period of the Contract.

6.10 Applicable Laws

The Contract must be interpreted and governed, and the relations between the parties determined, by the laws in force in Ontario, Canada.

6.11 Priority of Documents

If there is a discrepancy between the wording of any documents that appear on the list, the wording of the document that first appears on the list has priority over the wording of any document that subsequently appears on the list.

- (a) the Articles of Agreement;
- (b) 2010C (2022-12-01), General Conditions - Services (Medium Complexity) apply to and form part of the Contract.
- (c) Annex A, Statement of Work
- (d) the Contractor's bid dated _____ (*insert date of bid*) (*If the bid was clarified or amended, insert at the time of contract award: “, as clarified on _____” or “, as amended on _____” and insert date(s) of clarification(s) or amendment(s)*)

6.12 Dispute Resolution

- (a) The parties agree to maintain open and honest communication about the Work throughout and after the performance of the contract.
- (b) The parties agree to consult and co-operate with each other in the furtherance of the contract and promptly notify the other party or parties and attempt to resolve problems or differences that may arise.

- (c) If the parties cannot resolve a dispute through consultation and cooperation, the parties agree to consult a neutral third party offering alternative dispute resolution services to attempt to address the dispute.
- (d) Options of alternative dispute resolution services can be found on Canada's Buy and Sell website under the heading "[Dispute Resolution](#)".

ANNEX "A" STATEMENT OF WORK

1.0 SCOPE

The Department of National Defense (DND) has a requirement for catering services at Huyck's Bay Christian Camp located at 858 Bakker Rd, Wellington, Ontario K0K 2J0, during the dates of 16-28 June 2024. The lunch that will be served on the 28 June 2024 will be served in a different location, CFB Trenton.

The Contractor will have access to the full kitchen on site and will be required to serve the meals on site except for the lunch on 28 June 2024, which will be a BBQ style meal served at CFB Trenton. Meals will be required to have an individual take-away option, in addition to seated dining for all the meals served.

1.1 DEFINITIONS

1.1.1 Kosher Meals: Kosher is a Hebrew word meaning "fit". The Torah lays down guidelines for what is "fit" – kosher, for a Jewish person to eat – and what is not. Kosher is divided into three categories: meat, dairy, and pareve. More information can be found at the following link: <http://mk.ca/kosher-guide/kosher-101-2/>

1.1.2 Halal Meals: Halal is an Arabic word meaning lawful or permitted. The opposite of halal is haram, which means unlawful or prohibited. Halal and haram are universal terms that apply to all facets of life, but this SOW will be limited to food products, meat products, cosmetics, personal care products, pharmaceuticals, food ingredients, and food contact materials.

While many things are clearly halal or haram, there are some things which are not clear. Further information is needed to categorize them as halal or haram. Such items are often referred to as mashbooh, which means doubtful or questionable.

All foods are considered halal except the following sources:

- a. Swine/pork and its by-products;
- b. Animals NOT properly slaughtered according to Islamic methods or dead before slaughtering;
- c. Alcoholic drinks and intoxicants;
- d. Carnivorous animals and birds of prey;
- e. Blood and blood by-products; and
- f. Foods contaminated with any of the above categories.

Food containing ingredients such as gelatin, enzymes, emulsifiers, and flavours are questionable (mashbooh), because the origin of these ingredients or components thereof, may be haram.

Meat and poultry should be processed according to Islamic requirements. This is commonly referred to as Zabiha or Dhabiha. Zabiha refers to slaughtering of an animal or bird by a Muslim according to Islamic requirements. In the USA and Canada, Halal meat must also meet all federal and/or state meat inspection laws before it can be sold. The Islamic Food and Nutrition Council of America (IFANCA – www.ifanca.org) is the leading halal-certifying organization in the USA. Products certified by IFANCA normally display the registered Crescent-M service mark on the label.

1.1.3 Vegetarian Meals: a person who does not eat meat: someone whose diet consists wholly of vegetables, fruits, grains, nuts, and sometimes eggs or dairy products.

1.1.4 Regular Meals: all regular meals shall fall in-line with the prescribed standards found in Appendix 1 and Appendix 2 of Annex A.

2.0 MANDATORY REQUIREMENTS

2.1 The provision of ready-to-eat dispersed meals and catering services to DND for up to 130 personnel, in accordance with the details herein described.

2.2 The contractor must be compliant with all relevant federal, provincial, and municipal laws, regulations, training, and licensing, required for the provision of catering services and food handling.

2.3 The Contractor will be required to provide a detailed menu plan for each meal on or before 31 May 2024.

2.4 The Contractor will be responsible to provide and serve each meal “on site” at Huyck’s Bay Christian Camp from 16-28 June 2024. This must include the option for individual serving containers should a member wish to take a meal-to-go.

2.5 The Contractor will also be required to provide a BBQ lunch at CFB Trenton (grills to be provided by DND) on the 28 June 2024 at CFB Trenton. Exact location and meal type will be coordinated with the winning Contractor.

2.6 Each meal must conform to the standards described in Appendix 1 and Appendix 2 to this Annex. Meals that are not compliant with the specifications detailed herein will be returned to the Contractor and DND will not be charged for them. The Contracting Authority may withdraw the services of the Contractor in the event the desired quality of meals is not met.

2.7 Mealtimes must be served as follows:

Breakfast: 0630-0830 hrs
Lunch: 1130-1330 hrs
Supper: 1630-1830 hrs

2.8 The following table outlines the quantities of meals required on specified days, special dietary requirements will be determined and provided to the Contractor 72 hours in advance:

	16 June	17 June	18 June	19 June	20 June	21 June	22-26 June	27 June	28 June
Breakfast 0630-0830	0	50	130	130	130	130	130	130	130
Lunch 1130-1330	50	130	130	130	130	130	130	130	BBQ 130
Supper 1630-1830	50	130	130	130	130	130	130	130	0

- 2.9** The main meals must be hot meals, as described in Appendix 1
- 2.10** Each main meal must include between 1200-1500kcal, 50-60 grams of protein, and 115-150 grams of carbohydrate.
- 2.11** Meals must alternate between different protein options, not repeating the same protein food items in back-to-back meals (beef, chicken, pork, fish, and plant-based protein option for those with dietary restrictions).
- 2.12** There must be a variety of carbohydrate rich food items, not repeating the same carbohydrate food item in back-to-back meals (rice/wild rice, pasta, breads, grains, etc.).
- 2.13** Meals must include a minimum of two (2) different colour vegetables to provide a variety of nutrients.
- 2.14** Meals must use healthier cooking methods, baking, roasting, grilling, and steaming.
- 2.15** Ability to serve Kosher, Halal, and Vegetarian options as required.
- 3.0 CONTRACTOR RESPONSIBILITIES**
- 3.1.1** Contractor is responsible for providing meals as outlined in this SOW.
- 3.1.2** Contractor is responsible for providing a meal plan on or before 31 May 2024.
- 3.1.3** Contractor is responsible for providing a point of contact to DND in order to finalize numbers and dietary meals.
- 4.0 DND RESPONSIBILITIES**
- 4.1.1** DND is responsible for providing a point of contact to the Contractor at contract award.
- 4.1.** DND point of contract is responsible for providing meal numbers to the Contractor.

ANNEX "B"

BASIS OF PAYMENT

The Contractor shall provide _____.

Unit cost must be in CAD excluding taxes and fees.

	16 June Numbers of meal	17 June Numbers of meal	18 - 27 June Numbers of meal	28 June Numbers of meal	Price \$ CAD
Breakfast 0630-0830	0	50	1300	130	
Lunch 1130-1330	50	130	1300	BBQ 130	
Supper 1630-1830	50	130	1300	0	

Taxes:	\$
Total Cost including taxes:	\$

ANNEX "C" ELECTRONIC PAYMENT INSTRUMENTS

The Bidder accepts any of the following Electronic Payment Instrument(s):

- VISA Acquisition Card;
- MasterCard Acquisition Card;
- Direct Deposit (Domestic and International);

ANNEX “D” MANDATORY TECHNICAL EVALUATION CRITERIA

MANDATORY TECHNICAL REQUIREMENT	YES	NO
The provision of ready-to-eat dispersed meals and catering services to DND for up to 130 personnel, in accordance with the details herein described		
Compliant with all relevant federal, provincial, and municipal laws, regulations, training, and licensing, required for the provision of catering services and food handling.		
To provide a detailed menu plan for each meal on or before 31 May 2024		
Provide and serve each meal “on site” at Huyck’s Bay Christian Camp from 16-28 June 2024. This must include the option for individual serving containers should a member wish to take a meal-to-go.		
Provide a BBQ lunch at CFB Trenton (grills to be provided by DND) on the 28 June 2024 at CFB Trenton. Exact location and meal type will be coordinated with the winning Contractor.		
Each meal must conform to the standards described in Appendix 1 and Appendix 2 to this Annex. Meals that are not compliant with the specifications detailed herein will be returned to the Contractor and DND will not be charged for them. The Contracting Authority may withdraw the services of the Contractor in the event the desired quality of meals is not met		
Mealtimes Breakfast: 0630-0830 hrs Lunch: 1130-1330 hrs Supper: 1630-1830 hrs		
The main meals must be hot meals, as described in Appendix 1		
Each main meal must include between 1100-1500kcal, 50-60 grams of protein, and 115-150 grams of carbohydrate.		
Meals must alternate between different protein options, not repeating the same protein food items in back-to-back meals (beef, chicken, pork, fish, and plant-based protein option for those with dietary restrictions).		
There must be a variety of carbohydrate rich food items, not repeating the same carbohydrate food item in back-to-back meals (rice/wild rice, pasta, breads, grains, etc.).		
Meals must include a minimum of two (2) different colour vegetables to provide a variety of nutrients.		
Meals must use healthier cooking methods, baking, roasting, grilling, and steaming.		
Ability to serve Kosher, Halal, and Vegetarian options as required.		

ANNEX "E" SECURITY REQUIREMENTS CHECKLIST



Government of Canada / Gouvernement du Canada

Contract Number / Numéro du contrat W6399-25-SL01
Security Classification / Classification de sécurité Unclass

**SECURITY REQUIREMENTS CHECK LIST (SRCL)
LISTE DE VÉRIFICATION DES EXIGENCES RELATIVES À LA SÉCURITÉ (LVERS)**

PART A - CONTRACT INFORMATION / PARTIE A - INFORMATION CONTRACTUELLE		
1. Originating Government Department or Organization / Ministère ou organisme gouvernemental d'origine	DND	2. Branch or Directorate / Direction générale ou Direction CANSOFCOM
3. a) Subcontract Number / Numéro du contrat de sous-traitance	3. b) Name and Address of Subcontractor / Nom et adresse du sous-traitant	
4. Brief Description of Work / Brève description du travail <i>Catering for CTX.</i>		
5. a) Will the supplier require access to Controlled Goods? Le fournisseur aura-t-il accès à des marchandises contrôlées?		<input checked="" type="checkbox"/> No / Non <input type="checkbox"/> Yes / Oui
5. b) Will the supplier require access to unclassified military technical data subject to the provisions of the Technical Data Control Regulations? Le fournisseur aura-t-il accès à des données techniques militaires non classifiées qui sont assujetties aux dispositions du Règlement sur le contrôle des données techniques?		<input checked="" type="checkbox"/> No / Non <input type="checkbox"/> Yes / Oui
6. Indicate the type of access required / Indiquer le type d'accès requis		
6. a) Will the supplier and its employees require access to PROTECTED and/or CLASSIFIED information or assets? Le fournisseur ainsi que les employés auront-ils accès à des renseignements ou à des biens PROTÉGÉS et/ou CLASSIFIÉS? (Specify the level of access using the chart in Question 7. c) (Préciser le niveau d'accès en utilisant le tableau qui se trouve à la question 7. c)		<input checked="" type="checkbox"/> No / Non <input type="checkbox"/> Yes / Oui
6. b) Will the supplier and its employees (e.g. cleaners, maintenance personnel) require access to restricted access areas? No access to PROTECTED and/or CLASSIFIED information or assets is permitted. Le fournisseur et ses employés (p. ex. nettoyeurs, personnel d'entretien) auront-ils accès à des zones d'accès restreintes? L'accès à des renseignements ou à des biens PROTÉGÉS et/ou CLASSIFIÉS n'est pas autorisé.		<input checked="" type="checkbox"/> No / Non <input type="checkbox"/> Yes / Oui
6. c) Is this a commercial courier or delivery requirement with no overnight storage? S'agit-il d'un contrat de messagerie ou de livraison commerciale sans entreposage de nuit?		<input type="checkbox"/> No / Non <input type="checkbox"/> Yes / Oui
7. a) Indicate the type of information that the supplier will be required to access / Indiquer le type d'information auquel le fournisseur devra avoir accès		
Canada <input checked="" type="checkbox"/>	NATO / OTAN <input type="checkbox"/>	Foreign / Étranger <input type="checkbox"/>
7. b) Release restrictions / Restrictions relatives à la diffusion		
No release restrictions / Aucune restriction relative à la diffusion <input type="checkbox"/>	All NATO countries / Tous les pays de l'OTAN <input type="checkbox"/>	No release restrictions / Aucune restriction relative à la diffusion <input type="checkbox"/>
Not releasable / À ne pas diffuser <input type="checkbox"/>		
Restricted to: / Limité à: <input type="checkbox"/>	Restricted to: / Limité à: <input type="checkbox"/>	Restricted to: / Limité à: <input type="checkbox"/>
Specify country(ies): / Préciser le(s) pays:	Specify country(ies): / Préciser le(s) pays:	Specify country(ies): / Préciser le(s) pays:
7. c) Level of information / Niveau d'information		
PROTECTED A / PROTÉGÉ A <input type="checkbox"/>	NATO UNCLASSIFIED / NATO NON CLASSIFIÉ <input type="checkbox"/>	PROTECTED A / PROTÉGÉ A <input type="checkbox"/>
PROTECTED B / PROTÉGÉ B <input type="checkbox"/>	NATO RESTRICTED / NATO DIFFUSION RESTREINTE <input type="checkbox"/>	PROTECTED B / PROTÉGÉ B <input type="checkbox"/>
PROTECTED C / PROTÉGÉ C <input type="checkbox"/>	NATO CONFIDENTIAL / NATO CONFIDENTIEL <input type="checkbox"/>	PROTECTED C / PROTÉGÉ C <input type="checkbox"/>
CONFIDENTIAL / CONFIDENTIEL <input type="checkbox"/>	NATO SECRET / NATO SECRET <input type="checkbox"/>	CONFIDENTIAL / CONFIDENTIEL <input type="checkbox"/>
SECRET / SECRET <input type="checkbox"/>	COSMIC TOP SECRET / COSMIC TRÈS SECRET <input type="checkbox"/>	SECRET / SECRET <input type="checkbox"/>
TOP SECRET / TRÈS SECRET <input type="checkbox"/>		TOP SECRET / TRÈS SECRET <input type="checkbox"/>
TOP SECRET (SIGINT) / TRÈS SECRET (SIGINT) <input type="checkbox"/>		TOP SECRET (SIGINT) / TRÈS SECRET (SIGINT) <input type="checkbox"/>



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Gouvernement du Canada

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PART A (continued) / PARTIE A (suite)

8. Will the supplier require access to PROTECTED and/or CLASSIFIED COMSEC information or assets?
Le fournisseur aura-t-il accès à des renseignements ou à des biens COMSEC désignés PROTÉGÉS et/ou CLASSIFIÉS? No / Non Yes / Oui
If Yes, indicate the level of sensitivity:
Dans l'affirmative, indiquer le niveau de sensibilité :

9. Will the supplier require access to extremely sensitive INFOSEC information or assets?
Le fournisseur aura-t-il accès à des renseignements ou à des biens INFOSEC de nature extrêmement délicate? No / Non Yes / Oui

Short Title(s) of material / Titre(s) abrégé(s) du matériel :
Document Number / Numéro du document :

PART B - PERSONNEL (SUPPLIER) / PARTIE B - PERSONNEL (FOURNISSEUR)

10. a) Personnel security screening level required / Niveau de contrôle de la sécurité du personnel requis

<input type="checkbox"/> RELIABILITY STATUS COTE DE FIABILITÉ	<input type="checkbox"/> CONFIDENTIAL CONFIDENTIEL	<input type="checkbox"/> SECRET SECRET	<input type="checkbox"/> TOP SECRET TRÈS SECRET
<input type="checkbox"/> TOP SECRET-- SIGINT TRÈS SECRET -- SIGINT	<input type="checkbox"/> NATO CONFIDENTIAL NATO CONFIDENTIEL	<input type="checkbox"/> NATO SECRET NATO SECRET	<input type="checkbox"/> COSMIC TOP SECRET COSMIC TRÈS SECRET
<input type="checkbox"/> SITE ACCESS ACCÈS AUX EMPLACEMENTS			

Special comments:
Commentaires spéciaux : _____

NOTE: If multiple levels of screening are identified, a Security Classification Guide must be provided.
REMARQUE : Si plusieurs niveaux de contrôle de sécurité sont requis, un guide de classification de la sécurité doit être fourni.

10. b) May unscreened personnel be used for portions of the work?
Du personnel sans autorisation sécuritaire peut-il se voir confier des parties du travail? No / Non Yes / Oui
If Yes, will unscreened personnel be escorted?
Dans l'affirmative, le personnel en question sera-t-il escorté? No / Non Yes / Oui

PART C - SAFEGUARDS (SUPPLIER) / PARTIE C - MESURES DE PROTECTION (FOURNISSEUR)

INFORMATION / ASSETS / RENSEIGNEMENTS / BIENS

11. a) Will the supplier be required to receive and store PROTECTED and/or CLASSIFIED information or assets on its site or premises?
Le fournisseur sera-t-il tenu de recevoir et d'entreposer sur place des renseignements ou des biens PROTÉGÉS et/ou CLASSIFIÉS? No / Non Yes / Oui

11. b) Will the supplier be required to safeguard COMSEC information or assets?
Le fournisseur sera-t-il tenu de protéger des renseignements ou des biens COMSEC? No / Non Yes / Oui

PRODUCTION

11. c) Will the production (manufacture, and/or repair and/or modification) of PROTECTED and/or CLASSIFIED material or equipment occur at the supplier's site or premises?
Les installations du fournisseur serviront-elles à la production (fabrication et/ou réparation et/ou modification) de matériel PROTÉGÉ et/ou CLASSIFIÉ? No / Non Yes / Oui

INFORMATION TECHNOLOGY (IT) MEDIA / SUPPORT RELATIF À LA TECHNOLOGIE DE L'INFORMATION (TI)

11. d) Will the supplier be required to use its IT systems to electronically process, produce or store PROTECTED and/or CLASSIFIED information or data?
Le fournisseur sera-t-il tenu d'utiliser ses propres systèmes informatiques pour traiter, produire ou stocker électroniquement des renseignements ou des données PROTÉGÉS et/ou CLASSIFIÉS? No / Non Yes / Oui

11. e) Will there be an electronic link between the supplier's IT systems and the government department or agency?
Disposera-t-on d'un lien électronique entre le système informatique du fournisseur et celui du ministère ou de l'agence gouvernementale? No / Non Yes / Oui



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PART C - (continued) / PARTIE C - (suite)

For users completing the form **manually** use the summary chart below to indicate the category(ies) and level(s) of safeguarding required at the supplier's site(s) or premises.
 Les utilisateurs qui remplissent le formulaire **manuellement** doivent utiliser le tableau récapitulatif ci-dessous pour indiquer, pour chaque catégorie, les niveaux de sauvegarde requis aux installations du fournisseur.

For users completing the form **online** (via the Internet), the summary chart is automatically populated by your responses to previous questions.
 Dans le cas des utilisateurs qui remplissent le formulaire **en ligne** (par Internet), les réponses aux questions précédentes sont automatiquement saisies dans le tableau récapitulatif.

SUMMARY CHART / TABLEAU RÉCAPITULATIF

Category Catégorie	PROTECTED PROTÉGÉ			CLASSIFIED CLASSIFIÉ			NATO				COMSEC					
	A	B	C	CONFIDENTIAL CONFIDENTIEL	SECRET	TOP SECRET Très SECRET	NATO RESTRICTED NATO DIFFUSION RESTREINTE	NATO CONFIDENTIAL	NATO SECRET	COSMIC TOP SECRET COSMIC TRÈS SECRET	PROTECTED PROTÉGÉ			SECRET	TOP SECRET TRÈS SECRET	
											A	B	C			CONFIDENTIAL
Information / Assets Renseignements / Biens Production																
IT Media / Support TI																
IT Link / Lien électronique																

12. a) Is the description of the work contained within this SRCL PROTECTED and/or CLASSIFIED?
 La description du travail visé par la présente LVERS est-elle de nature PROTÉGÉE et/ou CLASSIFIÉE? No / Non Yes / Oui

**If Yes, classify this form by annotating the top and bottom in the area entitled "Security Classification".
 Dans l'affirmative, classifiez le présent formulaire en indiquant le niveau de sécurité dans la case intitulée « Classification de sécurité » au haut et au bas du formulaire.**

12. b) Will the documentation attached to this SRCL be PROTECTED and/or CLASSIFIED?
 La documentation associée à la présente LVERS sera-t-elle PROTÉGÉE et/ou CLASSIFIÉE? No / Non Yes / Oui

**If Yes, classify this form by annotating the top and bottom in the area entitled "Security Classification" and indicate with attachments (e.g. SECRET with Attachments).
 Dans l'affirmative, classifiez le présent formulaire en indiquant le niveau de sécurité dans la case intitulée « Classification de sécurité » au haut et au bas du formulaire et indiquez qu'il y a des pièces jointes (p. ex. SECRET avec des pièces jointes).**



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PART D - AUTHORIZATION / PARTIE D - AUTORISATION			
13. Organization Project Authority / Chargé de projet de l'organisme			
Name (print) - Nom (en lettres moulées) MARK MACISAAC	Title - Titre MWO	Signature <i>Mark MacIsaac</i>	
Telephone No. - N° de téléphone	Facsimile No. - N° de télécopieur	E-mail address - Adresse courriel	Date
14. Organization Security Authority / Responsable de la sécurité de l'organisme			
Name (print) - Nom (en lettres moulées)	Title - Titre	Signature	
Telephone No. - N° de téléphone	Facsimile No. - N° de télécopieur	E-mail address - Adresse courriel	Date
15. Are there additional instructions (e.g. Security Guide, Security Classification Guide) attached? Des instructions supplémentaires (p. ex. Guide de sécurité, Guide de classification de la sécurité) sont-elles jointes?			<input type="checkbox"/> No / Non <input type="checkbox"/> Yes / Oui
16. Procurement Officer / Agent d'approvisionnement			
Name (print) - Nom (en lettres moulées) Sabrina Lafleur	Title - Titre Contracts Officer	Signature <i>Sabrina Lafleur</i>	
Telephone No. - N° de téléphone 613-998-9848	Facsimile No. - N° de télécopieur	E-mail address - Adresse courriel sabrina.lafleur@proc.gc.ca	Date 5 February 2014
17. Contracting Security Authority / Autorité contractante en matière de sécurité			
Name (print) - Nom (en lettres moulées)	Title - Titre	Signature	
Telephone No. - N° de téléphone	Facsimile No. - N° de télécopieur	E-mail address - Adresse courriel	Date

Appendix 1 to Annex "A" – Standard Meal Entitlement Pattern

Dishes Required	Dietary Requirements
<ul style="list-style-type: none"> 1 Soup 	<ul style="list-style-type: none"> Broth based, made from real bones when possible No cream-based soups (low fat milk okay) Must have modest amount of vegetables
1-2 Vegetables	<ul style="list-style-type: none"> Rotate vegetables to encourage variety 1 may be in mixed dish At least 2 different colored vegetables
1-2 Proteins 1 may be in mixed dish Include 1 meat and/or fish Include 1 plant-based protein	<ul style="list-style-type: none"> Hormone-free, free-range, sourced locally when possible Fish: wild when possible, fatty types of fish preferred. Options include: <ul style="list-style-type: none"> Salmon, tuna, sardines, mackerel, herring, rainbow trout, halibut Lean meat most often. Options include: <ul style="list-style-type: none"> Skinless, boneless chicken/turkey (breasts preferred, legs/thighs okay sometimes) Lean cuts beef – preferred cuts are top sirloin, tenderloin, extra lean / lean ground beef Pork – preferred cuts are tenderloin or loin Bison Lamb Limit red meat on menu to no more 3 times a week (not including bison) Plant-based options include: <ul style="list-style-type: none"> Beans (black, kidney, white), chickpeas, lentils, edamame beans, tofu, soy-based meat alternatives
1 Starch/grains 1 may be in mixed dish Include at least 1 gluten-free option	<ul style="list-style-type: none"> Majority whole grain Examples include: quinoa, long grain white/brown/wild rice, whole grain pasta, barley, sweet potatoes/yams with skin, nugget potatoes, whole grain tortilla wraps / bread (2-3g fibre/slice) Gluten-free (GF) options include: <ul style="list-style-type: none"> Quinoa, rice, GF pasta, potatoes, sweet potatoes, yams, corn tortillas, quinoa, buckwheat, rice
1 Mixed dish	<ul style="list-style-type: none"> Options include pasta, stir-fry, tacos Must include protein, healthy starch, and vegetables Sauces: no cream sauces (unless low-fat milk used, minimal cheese), tomato-based or olive-oil based are good
Fruit	<ul style="list-style-type: none"> Whole fruit: bananas, apples + whatever is in season At least 2 different colored fruits Fresh is best, frozen or canned (in water) when fresh is not feasible
Dessert Optional 1-2 Options	<ul style="list-style-type: none"> Freshly baked & from scratch when feasible Not necessary at each meal (fruit and/or yogurt may be used as a dessert option)
Healthy fats In food preparation for all dishes and/or as a side	<ul style="list-style-type: none"> Preferred fats in cooking/dresses are oils: <ul style="list-style-type: none"> Olive oil in dressings and low-medium temperature cooking Avocado and/or canola oil when cooking at high temperatures Butter, less often, grass-fed when feasible Avoid/limit use of margarine Use milk or ≤ 10% cream when preparing cream sauces Sides: avocado, olives, nuts/seeds, chia seeds, freshly ground flax
Beverages	<ul style="list-style-type: none"> Assorted teas (with milk, cream, sugar/honey) Hot chocolate NO sodas Water Sparkling water – unflavored and non-sugar flavored 100% fruit juices Milk – 2% and skim, chocolate milk optional Vegetable (optional)
Condiments	<ul style="list-style-type: none"> Natural nut butters preferred Jam/jellies Condiments to match entrees: honey, maple syrup, butter/margarine, ketchup, mustard, mayo, hot sauce, meat sauce, guacamole

Appendix 2 to Annex "B" – Meal Allotment and Serving Size

Meals should include the following:			
Meal	Total Energy per person per meal (kcal per person per meal)	Total grams(g) of Protein per person per meal	Total grams (g) Carbohydrates per person per meal
Breakfast	1100-1500kcal	40-55g	115-150g
Lunch	1100-1500kcal	40-55g	115-150g
Dinner	1100-1500kcal	40-55g	115-150g

Carbohydrates	
What approximately 30-35g of carbohydrates looks like:	
Food	Portion
Grains:	
- Oats, dry	1 cup (~200g)
- Couscous, dry	50g
- Barley, dry	48g
- Quinoa, dry	47g
- Farro, dry	50g
- Millet, dry	52g
- Amaranth, raw	50g
- Long-grain white rice, cooked	¾ cup (124.5g)
- Wild rice, cooked	1 cup (173g)
- Brown rice, cooked	¾ cup (154.5g)
Cereal:	
- Corn Flakes	1.25 cups (36g)
- Raisin Bran	2/3 cup (41g)
- Cheerios, plain	1.5 cups (40g)
- Cheerios, honey-nut	1 cup (39g)
- Millet, puffed, dry	1 cup (42g)
- Amaranth flakes	1.25 cups (45g)
Pasta:	
- Pasta, spaghetti, dry	40g
- Pasta, macaroni (elbow), dry	37g
- Pasta, egg noodles, dry	40g
- Pasta, penne, dry	40g
- Prepared Lasagna, cooked	1.5 cups (385g) cooked
Starchy Vegetables	
- White potato, cooked	129-134g
- Sweet potato, cooked	170-175g
- Winter Squash, all varieties, cooked	1.5 cups (325g)
- Winter Squash, Spaghetti Squash, cooked	3 cups (492g)
- Corn Corn on the cobb, cooked	1 cup or 1 cobb
Large Tortilla (10")	1 each
Bagel	½ each
English Muffin	1 each
Hamburger Bun	1 each
Dinner Rolls	2 small
Pita	1 large
Pancakes	2 x 4" across
Waffles	2 x 4" square
Banana	1 each
Other whole fruit (apples, oranges, pears, plums, peaches, nectarines, etc.)	2 pieces
Mixed fruit, fruit salad	1-1.5 cups
Berries	2 cups

Naturally flavoured regular or Greek, low-fat yogurt	1.5 cups (350g)
White, low-fat cow's milk	2 cups (500ml)
Chocolate or flavoured, low-fat cow's milk	1 cup (250ml)
What 115-150g Carbohydrates per meal per person would look like:	
<ul style="list-style-type: none"> • 250-270g cooked potatoes + 2 dinner rolls + 1 banana. • 513g of cooked Lasagna + 2 dinner rolls + 2 cups fruit salad. • 120g dry spaghetti + 2 pieces of garlic bread (size of a hamburger bun). • 250-270g roasted potatoes + 1 English muffin + 100g of naturally flavoured Greek yogurt + 1 banana. 	

Protein	
What approximately 40g of protein looks like:	
Food	Portion
Chicken	6oz (180-200g) cooked
Turkey	6oz (180-200g) cooked
Ground Poultry	6oz (180-200g) cooked
Beef/Bison	6oz (180-200g) cooked
Roast Beef	6oz (180-200g) cooked
Steak	6oz (180-200g) cooked
Ground Lean Beef	6oz (180-200g) cooked
Ham	6oz (180-200g) cooked
Pork (tenderloin, pork chop)	6oz (180-200g) cooked
Back Bacon	6oz (180-200g) cooked
Fish (white, salmon, canned)	6oz (180-200g) cooked
Prepared Lasagna	1.5 cups (385g) cooked
Eggs, whole	6 large
Liquid whole eggs	363g
Tofu	~425g
Tempeh	~340g
Beans (Baked beans, Cannellini beans, Chickpeas, Red Kidney beans, Pinto beans, Navy beans, Black eye peas, Black beans)	3 cups (759g)
Lentils and split peas	2.5 cups (632.5g)
Naturally flavoured regular or Greek, low-fat yogurt	1.5 cups (350g)
Low-fat cottage cheese	1.5 cups (350g)
Low-fat cow's milk	5 cups (1,250ml)
What 40-55g Protein per meal per person would look like:	
<ul style="list-style-type: none"> • 3 scrambled eggs + 4oz. cooked chicken thighs + 100g container of naturally flavoured Greek yogurt. <ul style="list-style-type: none"> • 4oz cooked chicken breast + 4oz cooked white fish. <ul style="list-style-type: none"> • 2x 4oz. cook beef burger patty <ul style="list-style-type: none"> • 2 cups Lasagna • 6oz. cooked beef kabob + 1.5 cups bean salad 	