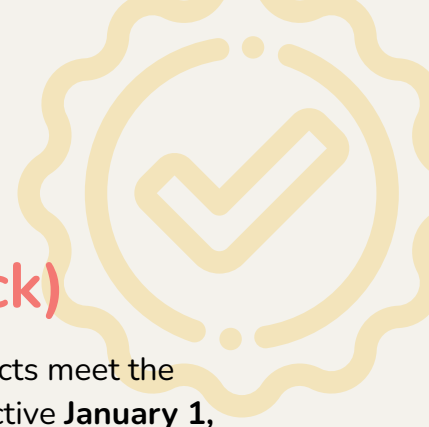


# Canada FOP Compliance Scorecard (Quick Self-Check)



This checklist is designed to help you ensure that your products meet the **Front-of-Package (FOP)** labeling requirements in Canada, effective **January 1, 2026**.

Follow each step to confirm compliance with the relevant nutritional guidelines, exemptions, and packaging requirements.

## STEP 1 — NUTRIENT THRESHOLDS

- ☐ Do any of your products exceed 10% DV of saturated fat, sugars, or sodium (if  $\leq 30$  g / 30 mL reference amount)?
- ☐ Do any exceed 15% DV (standard reference amount)?
- ☐ Do any main dishes ( $\geq 200$  g) exceed 30% DV?

## STEP 2 — EXEMPTIONS

- ☐ Are any of your products exempt (infant formula, meal replacements, whole fruits/veg, certain dairy)?
- ☐ If exempt, have you checked whether you're allowed to display the FOP symbol voluntarily?

## STEP 3 — LABEL PLACEMENT

- ☐ Is the symbol positioned on the principal display panel?
- ☐ Is it placed correctly (upper half if height > width, right half if width > height, buffer zones respected)?

## STEP 4 — TIMELINE

- ☐ Have you planned for new packaging runs before Dec 31, 2025?
- ☐ Will all SKUs be compliant by Jan 1, 2026?

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**Additional Note: Ensure ongoing compliance by regularly checking Health Canada's FOP requirements for updates and, if needed, consult a regulatory expert for guidance.**