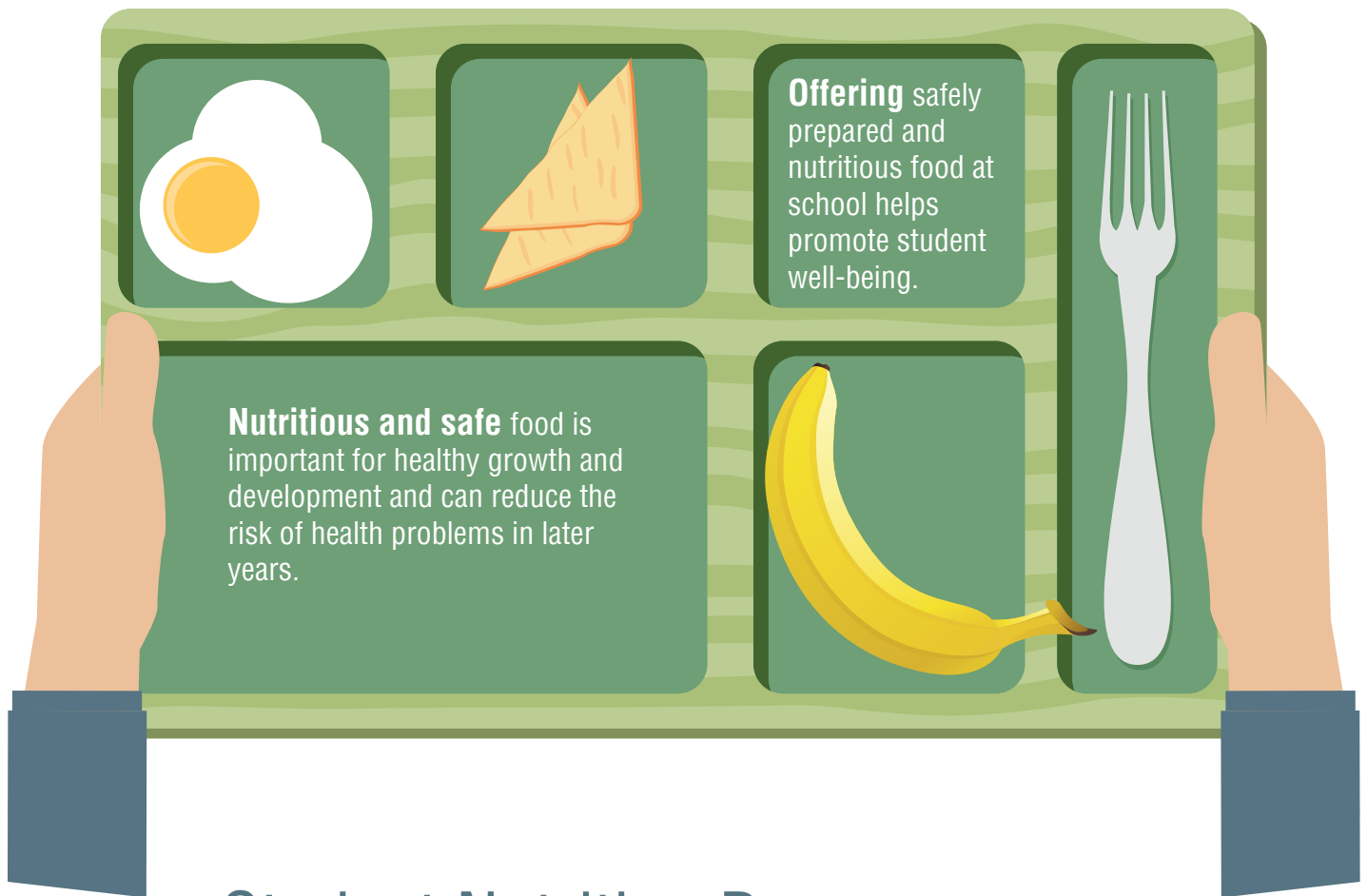


MENU FOR SERVING HEALTHY AND SAFE FOOD AT SCHOOL



Student Nutrition Programs can:

- Help students gain the knowledge and skills needed to make healthy food choices.
- Support positive mental and physical health, provide a sense of belonging, and help students develop the skills to make healthy choices.
 - Build confidence and connectedness by getting students and staff involved.
- Create partnerships and connections with community organizations and businesses.
 - Develop environmental responsibility.

Follow these guidelines at your school to serve up safe and healthy food to students.

Your Kitchen Has:



A separate hand washing sink, with liquid soap and paper towels.



An appropriate, labelled sanitizer with test strips.

- I CAN:
- Serve healthy pre-packaged, individually wrapped foods, and pre-washed whole fruits and vegetables.
 - Serve healthy food that has been prepared at another inspected location (e.g. local restaurant, caterer) and doesn't require further preparation at the school.

- I MUST:
- Use ONLY disposable plates, cups and utensils.
 - Serve pre-packaged food.

- I CAN'T:
- Prepare food in the school.

- Healthy menu examples:
- Whole fruits that are unpeeled not pre-sliced (e.g. bananas, oranges).
 - Unsweetened apple sauce cups.
 - Individual fruit cups packed in water.
 - Granola bar or cereal bar (with less than 8g sugar/no chocolate).
 - Individually packaged muffins (with less than 8g sugar).
 - Individually packaged cereal (with less than 8g sugar).

Your Kitchen Has:



A separate hand washing sink, with liquid soap and paper towels.



Refrigerator or freezer equipped with thermometer.



A food grade, smooth, non-absorbent food preparation surface.



An appropriate, labelled sanitizer with test strips.

- I CAN DO AS ABOVE, PLUS:
- Serve individually packaged refrigerated items.
- I MUST:
- Use ONLY disposable plates, cups and utensils.
 - Serve pre-packaged food.

- I CAN'T:
- Prepare food in the school.

- Healthy menu examples as above, PLUS:
- Individually pre-packaged:
- Milk cartons.
 - Yogurt cups, drinks and tubes.
 - Cheese and cheese strings.
 - Pre-boiled, peeled, pre-packaged hard boiled eggs.
 - Hummus.

Your Kitchen Has:



A two-compartment sink.



A separate hand washing sink, with liquid soap and paper towels.



Refrigerator or freezer equipped with thermometer.



A food grade, smooth, non-absorbent food preparation surface.



An appropriate, labelled sanitizer with test strips.

- I CAN DO AS ABOVE, PLUS:
- Serve vegetables and fruit washed on-site.
 - Serve foods portioned on-site.
 - Serve foods cut, prepared on-site.
 - Serve healthy foods that are fully prepared on-site.

- I MUST:
- Use ONLY disposable plates, cups and utensils.
 - Use utensils to handle and serve foods or wear gloves to handle ready-to-eat foods.
 - Have a certified food handler on-site.



- Healthy menu examples as above, PLUS:
- Vegetables and fruit cut into pieces.
 - Milk (multi-serve e.g. 2L, 4L).
 - Block cheese cut into slices.
 - Cooked or prepared whole grains e.g. pancakes, toast, sandwiches, crackers, english muffins, pasta etc.
 - Hot or cold cereals.

Your Kitchen Has:



A three-compartment sink .

OR



Commercial dishwasher.



A separate hand washing sink, with liquid soap and paper towels.



Refrigerator or freezer equipped with thermometer.



A food grade, smooth, non-absorbent food preparation surface.



An appropriate, labelled sanitizer with test strips.


- I CAN DO AS ABOVE, PLUS:
- Use reusable plates, cups, bowls and utensils.

- I MUST:
- Have a certified food handler on-site.



All schools must follow these minimum requirements to maintain food safety and promote well-being.

- All schools must comply with the Ontario Food Premises Regulation (O. Reg 493/17).
- All foods served at Student Nutrition Programs must meet the Ministry of Children, Community and Social Services (MCSS) Nutrition Guidelines.
- All foods provided must come from a facility that is already inspected (e.g. grocery store, catering company, etc.) and be transported at a safe temperature (e.g. cold foods in a cooler).
- Foods prepared at home cannot be served.
- All foods must be stored at least 15 cm (6 inches) off the floor.
- Foods must be wrapped or kept in covered containers when stored.
- Refrigerators are required for storing high-risk foods such as meat, eggs, and dairy products.
- An accurate thermometer must be available in each cold-holding unit (e.g. refrigerator, freezer or cooler with ice).
- Temperature must be checked regularly to ensure that refrigerated foods are kept at 4°C (40°F) or colder.
- A separate hand washing sink must be provided if there is any type of food preparation.
- The hand washing sink must have hot and cold running water, liquid soap and paper towels in a dispenser.
- The hand washing sink must be conveniently located within the food preparation area.
- Hands must be washed with soap and running water or using hand sanitizer before preparing food and after sneezing or coughing, and using the washroom.
- Educate students to wash their hands before and after eating.
- Clean and sanitize surfaces where food is served with an approved food grade disinfectant.



**Are you serving
food at an event?
You will need a special
event permit, call
Health Connection.**