

# Food at School



## FOOD SAFETY & NUTRITION GUIDELINES FOR FOOD SERVED AND SOLD AT SCHOOL



Thunder Bay District  
Health Unit

# Food at School

Many schools offer meal and snack programs and include food in fundraising activities like hot lunch days, barbecues and tuck shops.

Whether you are a teacher, a parent or a volunteer, these healthy food guidelines from the Thunder Bay District Health Unit (TBDHU) have been developed to make sure the food you serve and sell is both safe and healthy for the benefit of the whole school community.

## Getting Started

If your school serves or sells meals or snacks, operates a tuck shop or is holding a special event such as a barbecue please complete a Food at School form and submit it to TBDHU. The form is available at [TBDHU.COM](http://TBDHU.COM) or by calling a public health inspector (PHI). This form should be submitted BEFORE the event.

Health Unit staff are available to provide education sessions and/or consultations on food safety and nutrition. Please contact the public health nurse assigned to your school for more details. Here's what you will find inside:

- Keeping Food Safe
- School Food and Beverage Policy
- School Nutrition Programs (meal and snack)
- School Milk Programs
- Special Lunches
- Barbecues
- Field Days and Sports Events
- Meetings and School Events
- Tuck Shop Sales
- Bake Table Sales
- Vending Machines
- Fundraising
- Classroom Rewards



# Keeping Food Safe

Be sure to read this section before you start planning so you know what you need in order to prepare, serve and store food safely.

Schools should be using the equipment and facilities mentioned in this booklet. If your school does not meet the criteria, contact a public health inspector (PHI) at the TBDHU for guidance in helping you to develop a plan to use the facilities currently available.

## Facilities and Food Source

1. Prepare all food in a facility approved by a PHI. These facilities might include a school kitchen, a community kitchen, a restaurant or a private home. A PHI is available to discuss options for your specific activity.
2. Pick food items that have been inspected or graded and come from an approved/inspected source. For example, all eggs and all meats, including wild game, must be inspected by the appropriate government agency.

## Food Storage and Refrigeration

1. Store pre-packaged, non-hazardous food (e.g. bread, cereal, cookies, crackers) off the floor in a dry, clean area.
2. Keep all foods covered or in a container with a tight fitting lid.
3. Make sure the facility has enough fridge space to store all food. All fridges must be equipped with a thermometer.
4. Check the internal temperature of all hazardous food to make sure the right temperature is maintained.
  - Keep cold hazardous food (e.g. meat, dairy, eggs) at a temperature of 4°C (40°F) or less
  - Keep hot hazardous food (e.g. cooked meat, soup, chili) at a temperature of 60°C (140°F) or greater

BEFORE handling food, wash your HANDS.

Food Preparation

- 1. Cook all foods as close to serving time as possible.
- 2. Be sure to cook foods to the proper temperature needed to kill bacteria. The chart below lists the final internal cooking temperatures.
- 3. Use a thermometer to check that the internal temperature is reached for at least 15 seconds.

If you have any questions about using a thermometer or the correct thermometer to use, contact a PHl.

FINAL INTERNAL COOKING TEMPERATURES  
(USING A FOOD THERMOMETER)

Poultry	Whole Poultry, Individual Pieces	82° C 74° C	180° F 165° F
Mixtures	Containing poultry, egg, meat, fish or other hazardous food	74° C	165° F
Beef & Veal	Hamburger, deboned and rolled roasts	71° C	160° F
Pork	All Products	71° C	160° F
Lamb	Ground, deboned and rolled roasts	71° C	160° F
Fish	All Products	70° C	158° F
Eggs	All foods containing eggs	63° C	145° F

## Serving Requirements

1. Time the delivery of food (e.g. subs, pizza, milk) so that it is served within 30 minutes of arriving at the school. If the person receiving the food has any concerns, the food should not be accepted.
2. Use equipment (e.g. coolers, burners) to keep food safe if it will sit out for more than two hours.
  - Keep cold food cold at 4°C (40°F) or less
  - Keep hot food hot at 60°C (140°F) or greater
3. Use napkins or tongs to handle food. Non-latex gloves are an option.

## Handwashing Facilities

1. Make sure the sink has both hot and cold running water, liquid soap and paper towel in a dispenser. This sink cannot be used for anything else (e.g. washing dishes).

## Dishwashing Facilities

1. Utensils and dishes used for **preparing** food must be washed and sanitized in a mechanical dishwasher or by following the two-compartment sink method. See the Health Unit's [dishwashing poster](#) on pg. 9 or click to download for step-by-step instructions.
2. Cutlery and dishes used for **eating** food must be washed and sanitized in a mechanical dishwasher or by following the three-compartment sink method. See the Health Unit's [dishwashing poster](#) on page 9 or click to download for step-by-step instructions.
3. Use disposable dishes for eating if a three-compartment sink or dishwasher is not available.

# AFTER handling food, wash your HANDS.

## Clean-up

1. Clean all work surfaces after each use.
2. Wash surfaces with hot, soapy water and then rinse.
3. Sanitize by spraying with a sanitizing solution of chlorine (bleach). Mix 1/4 tsp bleach with 1 litre of water. For bleach alternatives, contact a PHI.

## Barbecuing... Special Considerations

Raw meat is only allowed at barbecue events IF handwashing facilities are provided. These facilities must consist of running water (e.g. portable sink with pump action), liquid soap and paper towel.

For pre-cooked meat (e.g. not raw) and all other foods, make sure the following are available in the barbecuing area:

- Water in a jug (with a spout), placed above a bucket for wastewater
- Liquid soap in a pump dispenser
- Paper towel
- Hand sanitizer and/or moist hand towelettes
- See photo at right for set-up



# Keeping Food Healthy

Research shows that a healthy diet is a prerequisite for good learning. It is also a vital component of children's growth and development. When nutritionally inadequate food and beverages are available and promoted at school every day, even alongside healthier choices, it becomes difficult for students to choose a healthy diet. Read on for tips to make the healthy choice the easy choice in your school.

## School Food and Beverage Policy

All food and beverages sold in Ontario's publicly funded elementary and secondary schools must comply with the requirements and nutritional standards set out in the Ministry of Education Food and Beverage Policy. To learn more about the policy [click here](#).

For assistance with implementing the School Food and Beverage Policy at your school contact the public health dietitian in the healthy schools program.

## Student Nutrition Programs (Meal and Snack)

Provides students with accessible, healthy breakfasts, snacks and/or lunches by starting a student nutrition program based on the Nutrition Guidelines released by the Ministry of Child and Youth Services. The public health dietitian in the healthy schools program can provide information to help start a program, plan a menu and find funding.

## Special Lunches

Include a serving from each of the four food groups and limit highly processed, high-fat foods (e.g. hot dogs) to serve up a well-balanced lunch. Some healthy menu ideas include:

- Pizza with lean meat and at least one vegetable topping on a whole wheat crust with mini-carrots and water
- Turkey, chicken, roast beef or ham sandwich on a whole wheat bun/pita/wrap with an orange and milk
- Spaghetti and meatballs with vegetable sticks and milk
- Grilled chicken/bean burrito or soft taco with salsa, a fruit salad and milk
- Chili with a tossed salad, a whole wheat bun and 100% unsweetened fruit juice

## School Milk Programs

Provide students with daily access to reasonably priced milk by starting a school milk program. Contact the public health dietitian in the healthy schools program for suggestions on starting and promoting this important program.

## Barbecues

At your next cookout:

- Choose a lower-fat meat product and serve it on a whole grain bun
- Skip the potato chips and consider fruit or vegetable trays, a frozen fruit/yogurt parfait or a lower-fat oatmeal cookie
- Serve a healthy beverage like water, milk or 100% unsweetened fruit juice

## Field Days and Sports Events

Promote healthy eating while promoting healthy activity! Provide water at all times and sell nutritious food that fuels up the engine and improves performance like:

- Chilled, juicy fruit like watermelon, oranges or canned fruit
- Other fruits like bananas, apples or grapes
- Whole grain subs, sandwiches, bagels, pitas or wraps
- Whole grain cereal bars (oats/whole grains as first ingredient)
- 100% unsweetened fruit juice

## Meetings and School Events

Take this opportunity to show parents and visitors that, day or night, your school supports healthy choices. Dump the donuts and try:

- Water, milk or 100% unsweetened fruit juice
- Lower fat muffins, smaller muffins or larger muffins cut in half
- Fresh fruit and yogurt
- Cheese and whole grain crackers or mini whole grain bagels with low fat cream cheese
- Vegetable or fruit trays to complement meals
- Sandwich trays with whole grain breads/wraps (avoid high fat spreads or processed meat)



## Tuck Shop Sales

Choose healthy alternatives to the regular chips and chocolate bars. If your current supplier doesn't carry these foods, support local businesses and contact a grocer in your community. Ask for:

- water, milk and 100% unsweetened fruit juice
- Yogurt tubes and cups
- Fruit or unsweetened applesauce cups
- Cheese strings, mini-cheese portions or cheese cubes
- Whole grain cereal bars (oats/whole grains as first ingredient)
- Fresh fruit or vegetable stick cups with dip
- Lower fat mini-muffins or whole grain English muffins
- Baked tortilla chips with salsa
- Pre-portioned whole grain cereal
- Fruit kabobs or veggie and cheese kabobs

## Bake Sales

Make it easy for parents to make healthy choices by sending home a suggestion list with items like:

- Small packages of popcorn or homemade "bits and bites"
- Mini-muffins
- Oatmeal cookies
- Rice Krispie® squares
- Slices of banana, lemon or fruit loaf
- Fruit kabobs or veggie and cheese kabobs
- Roasted pumpkin seeds
- Homemade whole grain rolls or bread

Check out the [Bake it Up](#) resource from Eat Right Ontario for baked good recipes that meet these guidelines.

## Vending Machines

Restocking the “pop” machine with super-sized, sugary drinks like Gatorade®, Powerade® and Fruitopia® does not solve the problem. Instead, consider:

- Water, milk, fortified soy beverages, yogurt-drinks, 100% unsweetened fruit and vegetable juices
- Low-fat, high-fibre cereal bars, muffins, crackers, pretzels or baked chips
- Fresh or canned fruit and fresh veggies with dip
- Low-fat yogurt, cheese and pudding

Click to review the [Nutrition Guidelines for Food and Beverages Sold in Ontario Elementary School Vending Machines](#)

## Fundraising

Hold fundraising to a new, healthy standard by steering campaigns away from chocolate bars and Persians and moving toward healthier options like a service auction or a dance-a-thon. Here are a few basics:

- Sell food that promotes safe, healthy eating
- Support local foods, products and businesses when possible
- Look for ways to fundraise using non-food items

## Classroom Rewards

Don’t send mixed messages to students by using food or candy as a reward. If you do use food, make choices that promote healthy eating habits and support the curriculum. Some non-food ideas include:

- Stickers, bookmarks, pencils
- Treasure chest with games
- Class walk/hike
- Healthy class party

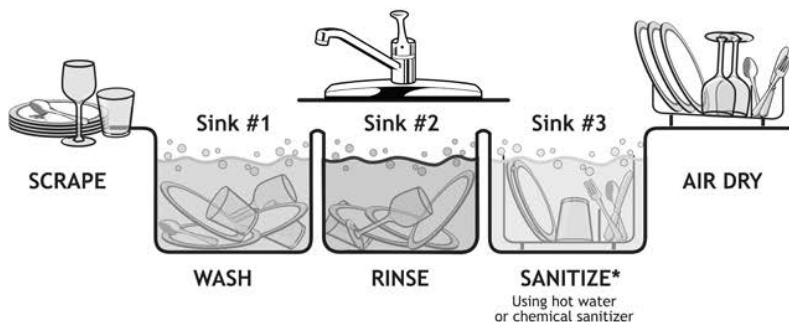
## Need more ideas to promote healthy eating habits at your school?

Contact the public health dietitian in the healthy schools program to learn more about additional resources, like the [Nutrition Tools for Schools](#) toolkit.

# DISHWASHING

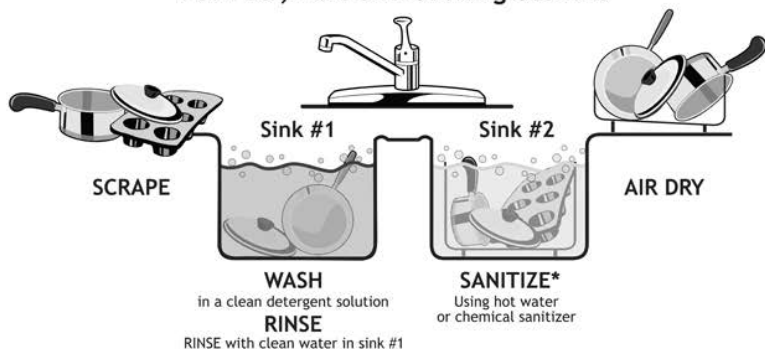
## Dishwashing - 3 sink method

For Multiservice Articles



## Dishwashing - 2 sink method

For Pots, Pans and Cooking Utensils



### \*Sanitize using hot water:

- Dishes must be immersed in hot water (77°C) for 45 seconds

OR

### \*Sanitize using chemical sanitizers:

- Water temperature for chemical sanitizing must be 24°C (75°F).
- Sanitize for 45 seconds.
- NEVER mix chemicals. Combining chemicals is toxic!

- Use one of the following chemical sanitizers, and measure it correctly!

**Chlorine ("bleach"):** 100 ppm (1 oz per gallon of water)

**Iodine:** 25 ppm (0.25 oz per gallon of water)

**Quaternary Ammonium ("Quats"):** 200 ppm (2 oz per gallon of water)

[www.ingoodhands.ca](http://www.ingoodhands.ca)

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For additional food safety information please contact a public health inspector.

For additional healthy eating information please contact the public health dietitian in the healthy schools program.