

SERVING FOOD SAFELY: SCHOOL MEAL & SNACK PROGRAMS 2020-21

The following information can be used when planning and implementing a school meal or snack program for the 2020-21 school year. Not all recommendations may apply to all schools or divisions. Adapting meal and snack programs to meet new guidelines and recommendations will be an ongoing process. Take steps to ensure your processes are based on the most up-to-date and reliable information.

FOOD PREPARATION & SERVICE

A continued focus on the quality and variety of menu items is important. However, early in the school year, it may be easiest to offer simple food items that can be easily prepared and individually packaged. As the school year progresses and a routine is developed, it may be possible to add additional food items to your school meal or snack menu.

THINGS TO CONSIDER

- A back up plan for when staff or volunteers are away from school.
- Where food items will be prepared. Who has access to the preparation area. If needed, how food will be transported to students.
- How food items will be assembled before they are served to students (like a bag, bowl, plate, cup), so that your program is avoiding family-style, buffet or potluck meal service.
- How food is offered, so that your program is avoiding shared food items and containers (like salt and pepper, margarine, nut/seed spread, pitchers of water or milk, and fruit bowls)?
- How to provide students with utensils and napkins, to avoid self serve areas.
- How dishes and utensils will be disposed of and cleaned. Use of disposable dishes and utensils may be needed.
- What PPE staff or volunteers will use when involved in food preparation and serving?

PREPARING AND SERVING FOOD

- Assemble all food items in individual packaging before being served to students.
- Use utensils to serve or portion food items, not hands.
- Provide students with utensils and napkins, not in a self serve area.

EXAMPLES OF PACKAGING

- food grade paper, for example:
 - paper bag
 - napkin
 - deli paper
- single-use plastic bag or wrap
- bowl or plate (doesn't have to be covered, if it is being immediately and directly handed to the student)

SERVING FOOD SAFELY: SCHOOL MEAL & SNACK PROGRAMS 2020-21

MENU IDEAS

VEGETABLES AND FRUIT

- Mini carrots
- Cherry tomatoes
- Cucumber
- Snap peas
- Celery sticks
- Fruit cup or canned fruit
- Whole fruit (apple, easy peel oranges, pear, plum, bananas)
- Frozen berries
- Dried fruit

WHOLE GRAIN FOODS

- Crackers
- Air-popped popcorn
- Rice cake
- Bread or toast
- Dry cereal
- Oatmeal
- Bagel
- Tortilla
- Muffin

PROTEIN FOODS

- Hard boiled eggs
- Hard cheese or cheese strings
- Yogurt cups or tubes
- Nut/seed spread
- Hummus
- Milk or fortified soy beverage
- Cottage cheese
- Tuna salad
- Nuts/seeds
- Roasted chickpeas

EASY TO PREPARE FOODS FOR PACKAGING

- whole or cut vegetables and fruits
- yogurt cup or tube
- sliced hard cheese and crackers
- trail mix (dry cereal, seeds, air-popped popcorn, dried fruit)
- easy peel orange and whole wheat soda crackers
- mini carrots and boiled egg
- fruit cup and yogurt cup
- cherry tomatoes and cheese cubes
- bagel with cheese and carrot slices
- cucumber slices and hummus
- apple slices, and cheese string
- snap peas, and rice cake with sunflower seed butter
- crackers, sliced hard cheese and celery sticks
- bagel with nut/seed spread, and banana
- cereal with milk
- banana and roasted chickpeas

IDEAS THAT REQUIRE MORE PREPARATION & TIME

- pancakes with fresh, frozen or canned fruit
- scrambled eggs and toast with raw vegetables
- yogurt parfait made with fruit, yogurt and granola topping
- egg, cheese and vegetable quesadilla
- oatmeal with raisins, cinnamon and milk
- muffin and sliced hard cheese
- egg, vegetable and cheese muffins
- nut/seed butter whole grain tortilla banana wrap
- whole grain toast with baked beans and cherry tomatoes
- egg, vegetable and cheese breakfast burrito
- lentil pizza buns
- bannock and soup
- grilled cheese sandwich with apple slices