



## **WELLNESS POLICY**

For Kahnawake Elementary Schools

# NUTRITION



# ACKNOWLEDGEMENTS

The Wellness Policy for Kahnawake Elementary Schools: Nutrition took several years to complete. The realization of this comprehensive document was possible thanks to the help and collaboration of many different people.

At the beginning, a working group was formed which included staff from both elementary schools. This group did some invaluable work in developing the original list of topics to be included under the proposed policy's recommendations. They also spent many hours discussing details for each topic on the original list. We would like to express our gratitude and acknowledge the following people for their work:

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Karonhianónhnha School Parent: Charleen Schurman Jacobs

We would also like to thank school administration and staff for their invaluable time in reviewing several drafts of the policy and exploring each item in depth. And, specifically the Kahnawake Education Administrative Team for their continuous support and faith in our work. Nia:wen kowa to the in-school committees at both Kateri and Karonhianónhnha Schools for reviewing and giving their final approval to the policy.

Following an extensive review of existing programs, Aileen Collier and Chantal Haddad, KMHC Nutritionists developed recommendations and rationales for each item in the policy, which was written with the children's best interests in mind. The essence of this document is a positive approach to healthy eating, where the school provides an environment supportive and conducive to good food choices. We are confident that with this approach, the children will learn to enjoy a variety of foods while always feeling good about their eating. We are convinced that the clearly outlined guidelines and procedures will be an essential tool for teachers and staff, helping them to play their part in supporting the children to develop good, lifelong, eating habits.

Thank you to Carly Gilbert for providing photos of her beautiful daughters Kiarah and Rahlyn Rice for the front cover.

Once again, a heartfelt Nia:wen kowa to everyone involved.



Kahnawake Education Center



Kateri Memorial Hospital Center



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## PHILOSOPHY

The Kahnawake Education System acknowledges the important role that nutrition plays in the total development and performance of the individual. It is committed to helping its students develop lifelong healthy lifestyle habits by providing a healthy school environment. Traditional studies are taught at the schools and include traditional foods, activities and teachings about wellness. Teachers are recognized as important role models for the students. Parents are supported with guidance and information to help them make healthy choices at home.

## RATIONALE

Nutrition plays a significant role in growth and development, resistance to disease, and physical and mental health. It is important for children to have food that is nutritionally well balanced. Research also demonstrates a relationship between nutrition, and children's physical, emotional and intellectual readiness to learn.

Current nutrition guidelines indicate that children's eating should be guided by the child and not enforced upon him. A child's early experiences with food will have a long lasting impact on his attitudes about food and nutrition; this in turn will have consequences on his food choices. In order to grow up to be good eaters, children need structure and guidance in the form of regular meals and snacks, and the availability of a wide variety of healthy foods.

The school plays an important role in health promotion and disease prevention by providing an environment that nurtures the development of good eating and positive attitudes towards wellness in children and their families.

| RECOMMENDATION  | RATIONALE   |
|---|---|
| <p>1. Food Allergies</p>  | <ul style="list-style-type: none"> <li>- Food that contains or may contain all types of nuts/peanuts shall be taken away from the student with a clear explanation. A note will be sent home to parents (Appendix 1; Sample note: Nut/peanut Containing Food Sent to School).</li> <li>- Other food allergies will be treated on an individual basis.</li> </ul>  |
| <p>2. Food from Home</p>  | <p>Providing healthy food is a parental responsibility. Addressing food issues directly with children may generate negative feelings about eating restricted food and increase the desire to obtain and consume these foods, thereby possibly leading to over consumption (Fisher et al. 1999).</p> <ul style="list-style-type: none"> <li>- Parents are encouraged to provide healthy food for their children. But, all food brought to school will be accepted and no food shall be taken away (except for food that contains or may contain nuts/peanuts).</li> <li>- If there are any repeated concerns about the nutritional quality of a student's food, the parent, not the student, will be approached by the principal or delegate (Appendix 2; Protocol: Nutritional Quality of a Student's Food) and will be informed of the nutrition services available (Appendix 3; Nutrition Services Available for Parents).</li> <li>- In order to encourage parents to provide healthy food for their children, Appendix 4 (Packing a Healthy Lunch) should be sent home with all students in September and January of each school year.</li> </ul> |
| <p>3. School Foodservices</p>                                     | <ul style="list-style-type: none"> <li>- School Foodservices are required by contract to follow the Foodservice Guidelines for Kahanwake Schools (Appendix 5).</li> <li>- The monthly menu will be developed in consultation with the school nutritionist.</li> </ul> <p>A school environment that models healthy choices supports the development of good eating habits (WHO 1998).</p>  |
| <p>4. School Food Programs (i.e. breakfast or snack programs)</p> | <ul style="list-style-type: none"> <li>- The school nutritionist should be consulted in the development of any school programs serving food.</li> <li>- School Food Programs should follow the Foodservice Guidelines for Kahanwake Schools (Appendix 5).</li> </ul> <p>A school environment that models healthy choices supports the development of good eating habits (WHO 1998).</p>   |
| <p>5. Fundraising</p>   | <p>Healthy food and beverages or non-food items will be used for fundraising (Appendix 7; Healthy Fundraising Ideas).</p> <p>Fundraising activities should support school nutrition education efforts.</p>  |
| <p>6. Classroom Celebrations</p>                                  | <p>Only healthy foods will be served at classroom celebrations (Appendix 8; Healthy Classroom Celebrations).</p> <p>A school environment that models healthy choices supports the development of good eating habits (WHO 1998).</p>   |

| RECOMMENDATION                | RATIONALE  |
|-------------------------------|--|
| 7. Traditional Food           | Preparation and tasting of traditional food should be incorporated throughout the school year, during festivals and in relation to the cycle of ceremonies.  |
| 8. Staff                      | Staff are strongly encouraged to model healthy eating and positive attitudes towards food.   |
| 9. Nutrition Education        | <ul style="list-style-type: none"> <li>- Nutritionists will offer nutrition education to students, parents, staff and foodservice personnel.</li> <li>- Nutrition education providing knowledge and skills to help students adopt and maintain lifelong healthy eating patterns should be offered regularly in the classroom.</li> </ul>                             |
| 10. Food Safety               | <ul style="list-style-type: none"> <li>- Food safety guidelines will be followed whenever handling food (Appendix 9; Food Safety Guidelines).</li> <li>- Foodservice providers are required by contract to attend food safety training and undergo food safety inspections.</li> <li>- Students and staff are expected to wash their hands before eating.</li> </ul> |
| 11. Time Allowed for Lunch    | Students will be allowed at least 20 minutes to eat after arriving at their tables with food.  |
| 12. Eating Environment        | A positive eating environment will be provided during mealtimes. Adults supervising meals will portray positive attitudes regarding individual food choices and eating styles (Appendix 10; Creating a Pleasant Eating Atmosphere in the Lunchroom).   |
| 13. Food used as a Reinforcer | Food should not be used as a reward or withheld as punishment. Finding alternatives to food to reinforce behaviors is an important part of providing a healthy school environment (Appendix 11; Non-Food Rewards).   |

| RECOMMENDATION                              | RATIONALE  |
|---|--|
| <p>14. Fieldtrips</p>                       | <ul style="list-style-type: none"> <li>- Parents are encouraged to provide healthy food for their children. But, all food brought on fieldtrips will be accepted and no food shall be taken away (except for food that contains or may contain nuts/peanuts).</li> <li>- If there are any concerns about the nutritional quality of a student's food, the parent, not the student, will be approached by the principal or delegate (Appendix 2; Protocol: Nutritional Quality of a Student's Food) and will be informed of the nutrition services available (Appendix 3; Nutrition Services Available for Parents).</li> </ul> |
| <p>15. Nutrition Services</p>               | <p>Nutrition related health problems and concerns amongst staff, students and parents should be directed towards the school nutritionist.</p>  |
| <p>16. Vending Machines (if applicable)</p> | <p>Food sold in vending machines should follow the Foodservice Guidelines for Kahanwake Schools (Appendix 5).</p>  |

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**SAMPLE NOTE: Nut/peanut Containing Food Sent to School**

**SCHOOL LETTERHEAD**

\_\_\_\_\_

(date)

Dear Parent of \_\_\_\_\_ ,  
(child's name)

Since nut/peanut containing food poses a life threatening risk for children with nut/peanut allergies, the school has a nut/peanut free policy in effect. The following food product contains or may contain nuts/peanuts; \_\_\_\_\_ and can not be brought to school.

If you have any questions or concerns about this school policy, please contact the school principal or delegate.

Nia:wen,

\_\_\_\_\_

(signature)



## PROTOCOL: Nutritional Quality of a Student's Food



### RECOMMENDATION

Parents are encouraged to provide healthy food for their children. But, all food will be accepted and no food shall be taken away (except for food that contains or may contain nuts/peanuts).

### PROTOCOL

1. When there are concerns about the nutritional quality of a student's food, the teacher, teacher assistant or lunch monitor will speak to the principal or delegate.
2. The principal or delegate will contact the parent(s) to discuss concerns about the nutritional quality of the student's food, encourage the parent(s) to contact the school nutritionist, and give them a copy of "Nutrition Services Available for Parents" (Appendix 3).

#### **Note**

Concerns about the nutritional quality of a student's food should not be discussed directly with children. Addressing food issues directly with children may generate negative feelings about eating restricted food.

## Nutrition Services Available for Parents

\_\_\_\_\_  
(date)

Dear \_\_\_\_\_ ,  
(parent's name)

Feeding children can be challenging. Parents want to do what is best for their child. But, they often have a hard time finding the balance between food their child will like and food that is healthy for them.

### Some common concerns about children's eating:

- My child eats a limited variety of food; he wants me to send the same food every day with him to school.
- My child likes to nibble on and off all day; he likes to take snacks to school, but does not want a lunchtime meal.
- My child eats poorly at mealtimes; he would rather have a bowl of cereal than a meal.
- I often have to cater to my child's likes and dislikes in order to get him to eat; I prepare two meals for supper so that everyone is happy.

### Suggestions of healthy food to send to school:

#### HEALTHY LUNCH IDEAS

- ♦ Turkey slices in a pita
- ♦ Egg sandwich on rye bread
- ♦ Tuna wrap
- ♦ Mini bagels with cheese slices
- ♦ Roast beef sandwich
- ♦ Ham & cheese in a whole wheat roll
- ♦ Hamburger soup
- ♦ Leftovers; spaghetti with meat sauce, shepherd's pie, beef stew, chili, macaroni soup

#### HEALTHY SNACK IDEAS

- ♦ Fresh or canned fruit
- ♦ Applesauce
- ♦ Raw vegetables & dip
- ♦ Cheese
- ♦ Yogurt, yogurt drink
- ♦ Milk pudding
- ♦ Homemade carrot muffin, banana bread, oatmeal cookie
- ♦ Milk or chocolate milk
- ♦ 100% fruit or vegetable juice
- ♦ Water



A nutritionist can help you with tips on feeding children, healthy lunch and snack ideas, and coping with picky eaters. A doctor's referral is not required. You can reach the Nutritionists at KMHC (450-638-3930, ext 350).

\_\_\_\_\_  
(signature)

## Packing a Healthy Lunch

Your child needs to have healthy foods to help him get through the day at school. Here are some ideas to help you prepare a nutritious lunch in a hurry. Your child's health is worth it!



## HEALTHY LUNCH BASICS

### The lunch box should include:

- ◆ 2 snacks (one fresh fruit or vegetable and one milk product)
- ◆ A lunch (sandwich or leftovers)
- ◆ A drink (milk, 100% juice or water)

### Make sure to include at least one food from each group on the list:

- ◆ A vegetable or fruit – fresh, canned, dried, or juice
- ◆ A whole grain – bread, tortilla, bagel, bun, crackers, pasta, rice, muffin
- ◆ A milk product - milk, yogurt, cheese, yogurt drink, fortified soy beverage
- ◆ Some meat, fish, poultry or alternative such as an egg, hummus or other dried beans (legumes) in soups, salads and dips

## TIPS

- ◆ Look for fresh fruits & vegetables in season.
- ◆ Vary the bread - try multigrain, pumpernickel, rye, pita, bread sticks, etc.
- ◆ Use leftover chicken, pork, tuna, ham, turkey or roast beef, as sandwich fillings or to top a salad.
- ◆ Add some apple pieces, green peppers, grated carrots, sliced tomato or cucumber to sandwiches.
- ◆ Prepare sandwiches in advance, wrap and freeze them individually. Avoid freezing eggs, vegetables and mayonnaise.
- ◆ Pack foods in small, easy to eat portions.
- ◆ Include bite size veggies - baby carrots, cherry tomatoes, red pepper slices.
- ◆ Keep the lunch box cool and safe with ice packs or frozen juice boxes.
- ◆ Make food look attractive, use color and texture contrast.
- ◆ Have your child help plan and prepare his lunches.
- ◆ Keep supplies handy to make packing lunch quicker and easier.
- ◆ Include easy to eat fruit like grapes, melon slices, orange wedges.
- ◆ For more healthy lunch ideas go to [www.dietitians.ca/HLTG](http://www.dietitians.ca/HLTG).



### **NUT FREE PLEASE**

*Due to severe life threatening allergies we ask that all foods sent to the school be peanut/nut free; please check package labels for "contains or may contain traces of nuts or peanuts".*

## **Foodservice Guidelines for Kahnawake Schools**

1. **IMPORTANT: All food served at school must be NUT/PEANUT FREE.**
2. **Offer all 4 food groups at each meal** (see Canada's Food Guide-Appendix 6):
  - ◆ Vegetables and Fruit
  - ◆ Grain Products
  - ◆ Milk and Alternatives
  - ◆ Meat and Alternatives
3. **Include at least one fruit AND one vegetable at each meal** (fresh, frozen or canned).
4. **Use only whole grain breads for sandwiches and recipes.**
5. **Choice of beverages should include:**
  - ◆ Water
  - ◆ Milk (2% or 1%) or Chocolate Milk
  - ◆ Fruit or Vegetable Juice (100%)
6. **Serve age appropriate portions for food and beverages** (see chart; Suggested Food Portion Sizes).
7. **Offer a variety of meals and try new menu items regularly** (eg: fish, meatless meals, etc).
8. **Serve snacks that belong to one of the four food groups of Canada's Food Guide** (see list; Healthy Snack Ideas).
9. **Serve lower fat meals:**
  - ◆ Choose lean meats and lunch meats (turkey, chicken, roast beef)
  - ◆ Trim visible fat from cuts of meat
  - ◆ Drain fat when browning meat
  - ◆ Skim fat from cooled soups and gravies (including broth for dumplings)
  - ◆ Use lower fat cheese in recipes
  - ◆ Use lower fat milk or yogurt instead of cream and sour cream in recipes
  - ◆ Use light mayonnaise and dressings for salads and sandwiches
  - ◆ Don't add butter or margarine to bread for sandwiches
  - ◆ Avoid deep frying foods such as meat, fish, potatoes, vegetables
10. **Serve foods with less salt:**
  - ◆ Avoid processed foods:
    - Frozen meals (pizza, nuggets, etc)
    - Canned meals (soup, pasta, etc)
    - Packaged products (noodles & sauce, hot dogs, etc)
  - ◆ Watch out for "hidden salt" words such as sodium, monosodium glutamate or sea salt.
11. **Do NOT offer any of the following:**  
Candy and chocolate bars, French fries, chips, soda, sports drinks, and sweetened beverages (fruit punch & fruit drinks), individual salt packages
12. **Provide a safe food environment;** follow Food Safety Guidelines (Appendix 9) and obtain training in safe food handling provided by Environmental Health Services.

**Foodservice Guidelines for Kahnawake Schools *cont'd*****HEALTHY SNACK IDEAS**

- ✓ Homemade muffins, breads, cookies (low fat, high fiber, nut/peanut-free)
- ✓ Fresh fruit, canned fruit
- ✓ Applesauce
- ✓ Fruit or vegetable juice (100%, unsweetened)
- ✓ Raw vegetables (baby carrots, cherry tomatoes, cucumber & celery sticks)
- ✓ Milk, chocolate milk
- ✓ Cheese (slices, sticks, curds, cubes)
- ✓ Yogurt, yogurt drinks, milk puddings, custard

**SUGGESTED FOOD PORTION SIZES**

| <b>ITEM</b>                             | <b>RECOMMENDED SERVING SIZE</b>  |
|---|--|
| Muffin                                  | 1 small  |
| Bagel, bun                              | 1 whole  |
| Bread                                   | 2 slices for sandwiches,<br>1 slice when served on the side                |
| Soda cracker                            | 2 crackers   |
| Pasta                                   | 1 - 1½ cups cooked   |
| Rice                                    | 1 - 1½ cups cooked   |
| Yogurt                                  | ½ - ¾ cup  |
| Milk                                    | 1 carton (200 ml)  |
| Meat, fish, poultry                     | size of a pack of cards (2 to 3 oz cooked)                                 |
| Fruit or vegetable juice                | small juice box (½ - ¾ cup)  |
| Fruit                                   | 1 medium or ½ - ¾ cup of canned fruit                                      |
| Vegetable                               | ½ - 1 cup cooked (fresh, frozen, canned)<br>1 cup leafy vegetables (salad) |
| Spaghetti sauce                         | ½ - 1 cup  |
| Non-hydrogenated margarine              | 1 individual packet (10 g)   |
| Gravy                                   | ¼ cup  |
| Condiments; BBQ sauce, ketchup, mustard | 1 package (15 ml) or 1 tbsp  |

## Canada's Food Guide



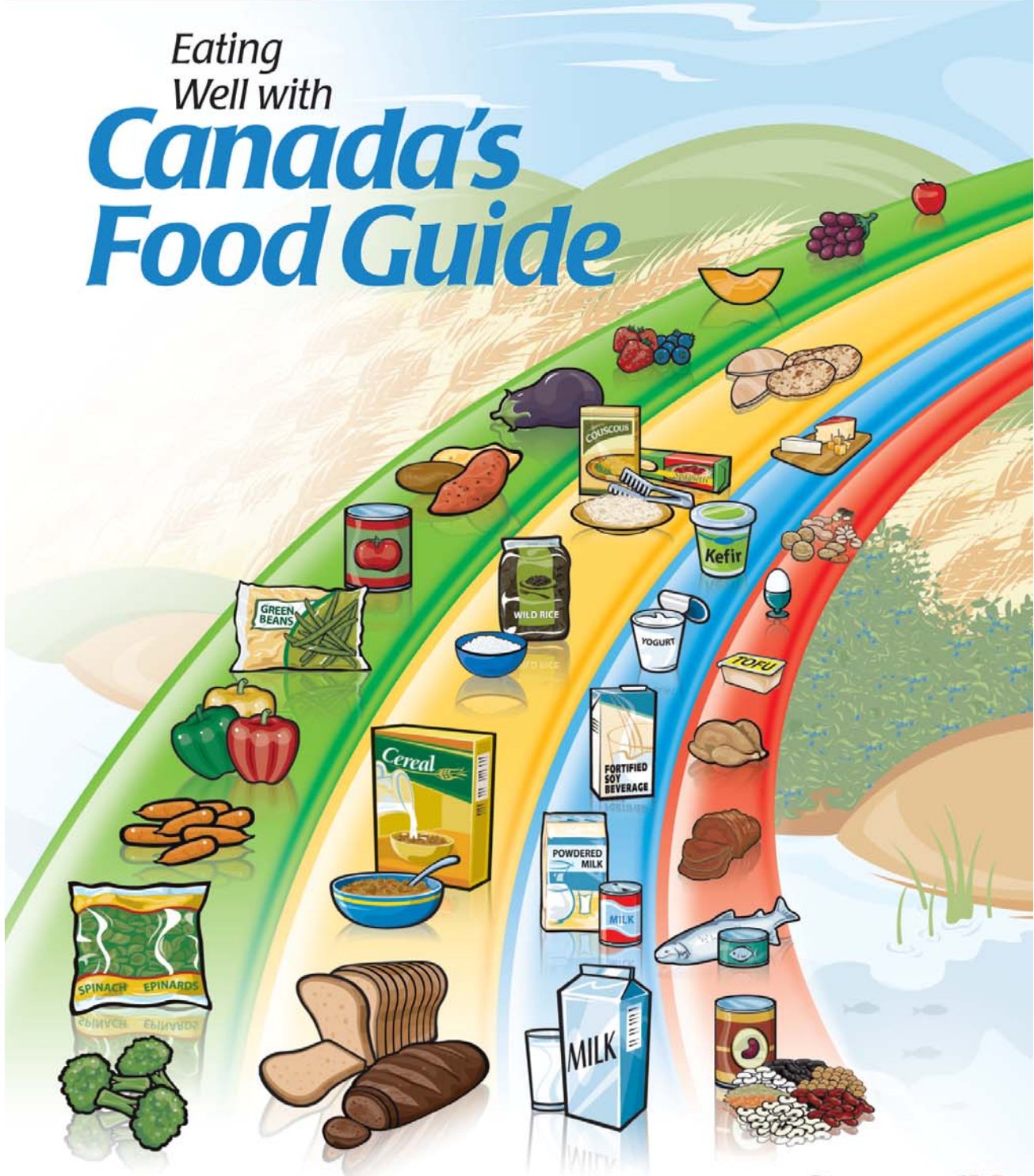
Health  
Canada

Santé  
Canada

Your health and  
safety... our priority.

Votre santé et votre  
sécurité... notre priorité.

# Eating Well with Canada's Food Guide



Canada

## Healthy Fundraising Ideas

The sale of healthy food and non-food items is a public demonstration of the school's commitment to promoting healthy behaviors among students, families and the community at large, while helping schools meet their financial needs.

### HEALTHY FOODS\*

Fruit baskets  
 Fruit & yogurt parfaits  
 Low fat, whole grain muffins/loaves  
 Oranges/grapefruit/apples  
 Smoothies  
 Vegetable platters  
 100% fruit juice boxes  
 Homemade soup  
 Homemade salsa/tomato sauce

### ITEMS TO SELL

Balloon bouquets  
 Bath accessories  
 Books  
 Calendars  
 Candles  
 Cookbooks  
 Christmas trees  
 Coffee mugs  
 First aid kits  
 Flowers, bulbs, plants  
 Gift wrap  
 Greeting cards  
 Magazine subscriptions  
 Clothing with school logo  
 Tupperware

### ACTIVITIES

Community dinner  
 Art show  
 Auction  
 Walk/Dance/Bike-a-thon  
 Bowling night  
 Car wash  
 Carnival  
 Craft sale  
 Scavenger hunt  
 Fun runs  
 Golf tournament  
 Hoola hoop/Jump rope-a-thon  
 Magic show  
 Raffle  
 Bottle drive  
 Talent show  
 Garage sale  
 Bingo

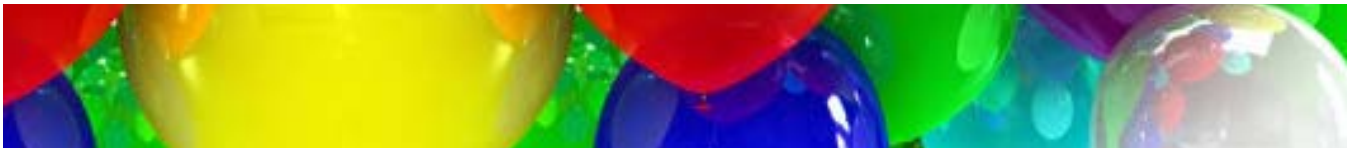


**\*Food should be nut/peanut free**



## Healthy Classroom Celebrations

Classroom parties provide an excellent opportunity to reinforce and exemplify the school's wellness philosophy. They are also a chance for children to practice social skills, such as helping to prepare the food, sharing with others, cleaning up after themselves, etc. Have your students help to plan the party; there is a wealth of ideas for healthy classroom celebrations available on the Internet. And remember that food is only one part of the celebration, it is just as important to focus on other aspects of the occasion as well.



# HEALTHY PARTY FOODS

### Vegetables and Fruit

- ✓ fresh fruit with dip
- ✓ fruit crisp
- ✓ vegetable platters with dip
- ✓ fruit and cheese kebobs
- ✓ dried fruit or 100% fruit snacks
- ✓ veggie pockets or wraps
- ✓ applesauce, canned fruit
- ✓ fruit salad, frozen fruit
- ✓ popsicles made from 100% fruit juice

### Grain Products

- ✓ whole grain crackers topped with cheese or hummus
- ✓ angel food cake, plain or topped with fruit and yogurt
- ✓ pizza with low fat toppings (veggies, lean ham)
- ✓ bagels or whole wheat English muffins
- ✓ small homemade muffins/loaves
- ✓ baked tortilla chips with salsa or bean dip
- ✓ low fat granola bars
- ✓ homemade waffles or pancakes topped with fruit
- ✓ quesadillas with salsa

### Milk and Alternatives

- ✓ milk pudding
- ✓ yogurt
- ✓ yogurt and fruit smoothies
- ✓ yogurt and fruit parfaits
- ✓ frozen yogurt banana splits
- ✓ cheese cubes

### Meat and Alternatives

- ✓ roast beef, ham, cheese or turkey sandwiches or wraps
- ✓ homemade chicken, egg or tuna sandwiches on whole grain bread
- ✓ hummus served with bread sticks, pita bread or raw vegetables

### Healthy Beverages

- ✓ milk or chocolate milk (2% or 1%)
- ✓ water with citrus fruit slices
- ✓ smoothies
- ✓ soy and rice drinks
- ✓ 100% fruit juice
- ✓ water



### Remember...

Read labels carefully to ensure that all foods are nut/peanut free. Practice food safety guidelines (Appendix 9) in the classroom.



## Food Safety Guidelines

Safe steps in food handling, cooking, and storage are essential to prevent foodborne illness. Proper cleaning and sanitizing are also essential. You can't see, smell, or taste harmful bacteria that may cause illness. These guidelines provide only a basic overview of food safety; further training of food-service employees is highly recommended.

In every step of food preparation, follow the four **Fight BAC!**<sup>™</sup> guidelines to keep food safe: **CLEAN** - Wash hands and surfaces often; **SEPARATE** - Don't cross-contaminate; **COOK** - Cook to proper temperatures; **CHILL** - Refrigerate promptly.

### Shopping

- ◆ Purchase refrigerated or frozen items after selecting your non-perishables.
- ◆ Never choose meat or poultry in packaging that is torn or leaking.
- ◆ Do not buy food past "Sell-By," "Use-By," or other expiration dates.

### Storage

- ◆ Always refrigerate perishable food within 2 hours (1 hour when the outdoor temperature is above 90°F).
- ◆ Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40°F or below and the freezer at 0°F or below.
- ◆ Cook or freeze fresh poultry, fish, ground meats as soon as possible or within 1-2 days.
- ◆ Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- ◆ To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- ◆ In general, canned food can be stored on the shelf for 12 to 18 months - if the can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

### Preparation

- ◆ Always wash hands with warm water and soap for 20 seconds before and after handling food.
- ◆ Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- ◆ Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of liquid chlorine bleach in 1 gallon of water.
- ◆ Marinate meat and poultry in a covered dish in the refrigerator.

### Thawing

- ◆ Refrigerator: The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- ◆ Cold Water: For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- ◆ Microwave: Cook meat and poultry immediately after microwave thawing.



## **Food Safety Guidelines cont'd**

### **Cooking**

- ◆ Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145°F.
- ◆ All cuts of pork, 160°F.
- ◆ Ground beef, veal and lamb to 160°F.
- ◆ All poultry should reach a safe minimum internal temperature of 165°F.

### **Serving**

- ◆ Hot food should be held at 140°F or warmer.
- ◆ Cold food should be held at 40°F or colder.
- ◆ When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays. Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- ◆ Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90°F).

### **Cleaning and Sanitizing**

The entire food service facility, equipment and utensils must be cleaned and sanitized regularly. Cleaning removes visible dirt and food residues; sanitizing destroys harmful microorganisms, which are invisible. It is important to clean and rinse surfaces and equipment thoroughly before sanitizing. The following sanitizers may be used at the specified concentrations; chlorine (50-100 mg/L), iodine (12.5-25 mg/L), quaternary ammonia (100-200 mg/L).

A sanitizing solution can be prepared by mixing 1 tablespoon liquid chlorine bleach with 1 gallon of water. This solution may be kept in a spray bottle and used throughout the day. It is important to prepare a fresh solution daily as chlorine evaporates easily and the solution would lose its effectiveness after one day.

### **Leftovers**

- ◆ Discard any food left out at room temperature for more than 2 hours (1 hour if the room temperature is above 90°F).
- ◆ Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling.
- ◆ Use cooked leftovers within 2 days.

### **Refreezing**

- ◆ Do not refreeze any previously frozen foods. You may refreeze foods only if they have been thoroughly cooked.



## Food Safety Guidelines cont'd

### Manual Dishwashing

Cooking utensils, dishware and serving/dining utensils must be of commercial grade quality and in good condition, free of scratches, chips and cracks where harmful microorganisms can hide. Disposable dishes and utensils should not be re-used. For manual dishwashing, a three-compartment sink is preferred but a two-compartment sink is adequate if the first sink is used for washing and rinsing and the second for sanitizing.

- ◆ PRE-RINSE STEP: sort, scrape, and pre-rinse utensils free of food scraps
- ◆ WASH STEP: wash dishes, utensils, etc. in the first sink compartment with a detergent solution capable of removing grease and food particles. Maintain water at 113°F or more.
- ◆ RINSE STEP: Rinse dishes, utensils, etc. in the second sink compartment in clean water maintained at a temperature of 113°F or more
- ◆ SANITIZING STEP: Sanitize dishes, utensils, etc. in the third sink compartment by immersing for at least 2 minutes in one of the following:
  - **Very hot water** (171°F or more)
  - **A chlorine solution** (1 tbsp chlorine in 1 gallon of water at a temp of 113°F or more)
  - **A quaternary ammonium compound solution** (200 mg/L (ppm))
  - **Or an iodine solution** of 25 mg/L at a temperature of 113°F or more
- ◆ DRYING STEP: Allow to air dry

### Employee Health and Hygiene

- ◆ Foodservice employees must practice good personal hygiene including frequent hand washing and personal grooming.
- ◆ An employee who is ill should not be in contact with food.
- ◆ Gloves must be treated like a second skin and washed or changed regularly.
- ◆ Employees must wear clean outer clothing, or aprons, and must wear adequate hair restraints or hairnets.
- ◆ Employees should have trimmed nails and wear no jewelry when preparing food.

#### **Hands must be properly washed using the following steps:**

1. Wet hands
2. Soap
3. Lather for at least 15 seconds
4. Rinse
5. Towel dry
6. Turn taps off with towel

#### **Wash hands before:**

- ◆ Starting work
- ◆ Handling any food

#### **Hands must be washed after:**

- ◆ Handling raw food
- ◆ Sneezing or coughing
- ◆ Touching something contaminated
- ◆ Smoking
- ◆ Using the washroom
- ◆ Handling money

Remember; gloves do not replace handwashing.

### RESOURCE

Information and training on safe food handling is available from Environmental Health Services here in Kahnawake (450-635-9945).

### REFERENCES

Canadian Restaurant and Food Services Association. *Food Safety Code of Practice for Canada's Foodservice Industry 2007*.

Loken, JK. *The HACCP Food Safety Manual*. John Wiley 1995.

Partnership for Food Safety Education; [www.fightbac.org](http://www.fightbac.org)

Toronto Public Health. *Food Handling Recommendations for CRFA Show 2010*.

## Creating a Pleasant Eating Atmosphere in the Lunchroom

(Adapted from Satter E. *Secrets of Feeding a Healthy Family*. Kelcy Press 1999.)

- ◆ Adults provide adequate supervision to maintain a pleasant eating atmosphere.
- ◆ Children are greeted pleasantly by lunchroom personnel.
- ◆ Adults take an interest in children.
- ◆ Children are given the opportunity to say “yes please” and “no thank you”.
- ◆ Children are not forced or pressured to take anything they don’t want.
- ◆ Children are not forced or pressured to eat anything they have taken.
- ◆ The physical setting is pleasant.
- ◆ Lunchroom supervisors are pleasant, positive and respectful towards the students’ food choices and eating.
- ◆ Children are given enough time to eat.
- ◆ Children are not forced to finish everything on their plates.
- ◆ Adults don’t make negative comments about the children’s lunches (food choices, portion sizes, etc).



## Non-Food Rewards

Rewarding students with food contradicts the teaching and modeling of behaviors and skills that promote health, and teaches children to eat when they are not hungry.

Try some of the following suggestions.



- ◆ Be a teacher's helper
- ◆ Sit beside friends
- ◆ Play a game
- ◆ Do puzzles
- ◆ Stickers, pencils, bookmarks
- ◆ Physical activity break  
(dance to music, go for a walk with the teacher)
- ◆ Show-and-tell
- ◆ Enjoy class time outdoors
- ◆ Extra art time
- ◆ Reduced homework
- ◆ Teacher reads a story to class
- ◆ Field trip

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