

Revised to reflect
the 2007
Guidelines for
Food & Beverage
Sales in BC

The Fun Food Resource for Elementary Schools

A Guide to Offering Better Nutrition at School

and

For Organizing A Fun Food Event

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Introduction March 2008

Dear Parent Advisory Committee Representative;

Health experts, parents and educators are increasingly concerned about the number of overweight

learn and practice healthy eating and active living. This resource is intended to provide guidance for planning, choosing and preparing healthier, fun and safe food for everyone.

The district would like to acknowledge Julie Stephenson and the Parent Advisory Councils in the Surrey School District for their leadership and assistance in the preparation of this resource.

Nutrition and Children

Growing Concerns:

The healthy eating and physical activity choices that children and their families make everyday have potentially life-long consequences. Good nutrition and active living are essential for optimal growth and development.

Since 1981, the number of overweight and obese Canadians – both children and adults – has

Basic Recommendations: Canada's Food Guide to Healthy Eating

This important tool provides Canadians with the essential information they need to eat a healthy diet. Each of the four food groups of Canada's Food Guide makes an important contribution of vitamins, minerals, protein and energy and recommends the number of servings (and portion sizes) from each food group for each day.

The amount of food each individual requires every day from the four food groups and other foods

depends on age, body size, activity level, gender and whether the individual is pregnant or lactating.

Moving Forward

Improving nutrition for children means offering and encouraging trial of foods from each of the four food groups—selecting foods prepared with less fat, salt, and added sugar.

consideration of appropriate portion sizes.

Guidelines for Food and Beverage Sales in BC Schools

- *Not Recommended*
- *Choose Least*
- *Choose Sometimes*
- *Choose Most*

Using these guidelines, the foods and beverages sold at schools must consist of at least 50%

Sample Menus

1. Plan the menu to offer at least 50% *Choose Most* foods and up to 50% *Choose Sometimes* foods.
2. The sample menus that follow do not consider food allergies or other restrictions that you may have to deal with at your school. Please check the Food Safety section for food allergy information.

Mini-carrots (*Choose Most*) with low fat Ranch Dressing
Portion 2% Milk (*Choose Most*)
Chocolate Milk (*Choose Sometimes*)
Carton Crisp Apple Slices (*Choose Most*)

Wrap Day:

Whole wheat tortilla with Chicken, lettuce and other vegetables (*Choose Most*)

Small Zero Trans Fat Oatmeal Raisin cookie (*Choose Sometimes*)

Sports Day:

Pizza Pretzel (*Choose Sometimes*) with Cheese String (*Choose Most*)
Real Fruit Smoothie (*Choose Sometimes*)
Frozen 100% Fruit Bar (*Choose Sometimes*) or Watermelon Slice (*Choose Most*)



FOOD SAFETY

1234

For the health of every participant, safe preparation and service of all foods is of vital importance.

By law in the province of British Columbia, a Health Permit is required for events where potentially hazardous foods are offered to the public. Fraser Health has advised that a temporary health permit will **not** be required if an elementary school PAC group either:

- Volunteers must ensure that all perishable foods are served within 2 hours from the time of

temperatures either below 4 degrees C (40 degrees F) or above 60 degrees C (140 degrees F).

- Ensure that there is adequate hand washing facilities close by.

All basic food safety principles that follow must be in place at every event.

If a dishwasher is not available, a four step method (Wash/Rinse /Sanitize/Air dry) should be followed. Wash items like serving utensils, cutting boards, mixing bowls in hot soapy water, rinse off the soap, sanitize in a bleach solution and let air dry.

SEPARATE

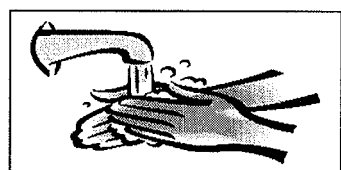
Prevent cross-contamination by:

- Using separate plates for raw foods.
- Using clean napkins to cover bare areas of food.

- Avoid direct bare hand contact with food as much as possible.
- Wear clean food-grade gloves if you have a cut on your hand.

HANDWASHING TIPS

- Wash hands often. Wet your hands with warm water, add soap and lather/scrub for 20 to 30 seconds (sing Happy Birthd



person's own antibodies to rush into action to attack the foreign substance. This

swelling and irritation in certain parts of the body.

Every allergic reaction can be serious; peanut, tree nut and shellfish allergies are among the most life-threatening as they often affect breathing. The symptoms may become more severe each time an allergic child is exposed to that particular food product.

Foods that "may contain" a known allergen, such as peanuts or eggs, for example, must contain

yogurt tube) as an alternative dessert.”

- Include a PAC contact name and number for parents with questions about food and food allergies to call on the Order Form.
- Provide a space on each order form for parent’s signature to be sure that they have reviewed the order for their child’s safety and are giving their permission for the event.

Placing the Order:

- Provide your completed order in writing to the food provider, including a statement about

- Insist that the supplier contact you at least one day in advance, for your approval, if any items need to be substituted.

Distribution to Students:

- Check your order carefully as soon as you receive it. Ensure that the products ordered have been received and clearly labeled and packaged separately (allergy free).

FUN FOOD EVENT CHECKLIST

→ Set up a committee & determine scope of event

How many people will participate?

→ Is this a fundraiser or a fun day? Or both?

→ How many volunteers will be required and are available?

→ Confirm the date and nature of event with Principal

Plan a menu, considering the event, the number of volunteers available, etc.

If using a restaurant/caterer, confirm that they have a Permit to Operate a Food Premises that allows them to transport food off site, and will be responsible for obtaining the permit.

→ Distribute notice/advertisement of the event.

The Day of Event

→ Post health permit if required

Check to see there is adequate supply of paper towels and soap

→ Instruct all food handlers to wash their hands

→ Ensure all equipment to be used is cleaned and sanitized prior to use.

→ Sanitize food preparation surfaces and counter tops

→ check refrigeration temperature (air temperature below 4 C / 40 F)

→ Check and record food temperatures:

- As soon as the food is received
- During cooking (unless prepared for you by a restaurant/caterer who will be responsible for this step).

Essential Food Temperatures

To maintain food safety,

→ Hot food must be greater than 165^o F (74^o C) at final cooking step.

→ Hot food must be held at 140^o F (60^o C) or greater.

→ Cold food must be 40^o F (4^o C) or lower.

Perishable foods held between 4^o C and 60^o C for 2 hours or longer must be discarded.

APPLICATION FOR A HOT DOG DAY
Sample – Burnaby School District – 41

May 2008

APPLICATION FOR APPROVAL OF FUTURE SERVICE PROVIDERS

✓ To supply potable water.

Municipal water supply

✓ To contain wastewater

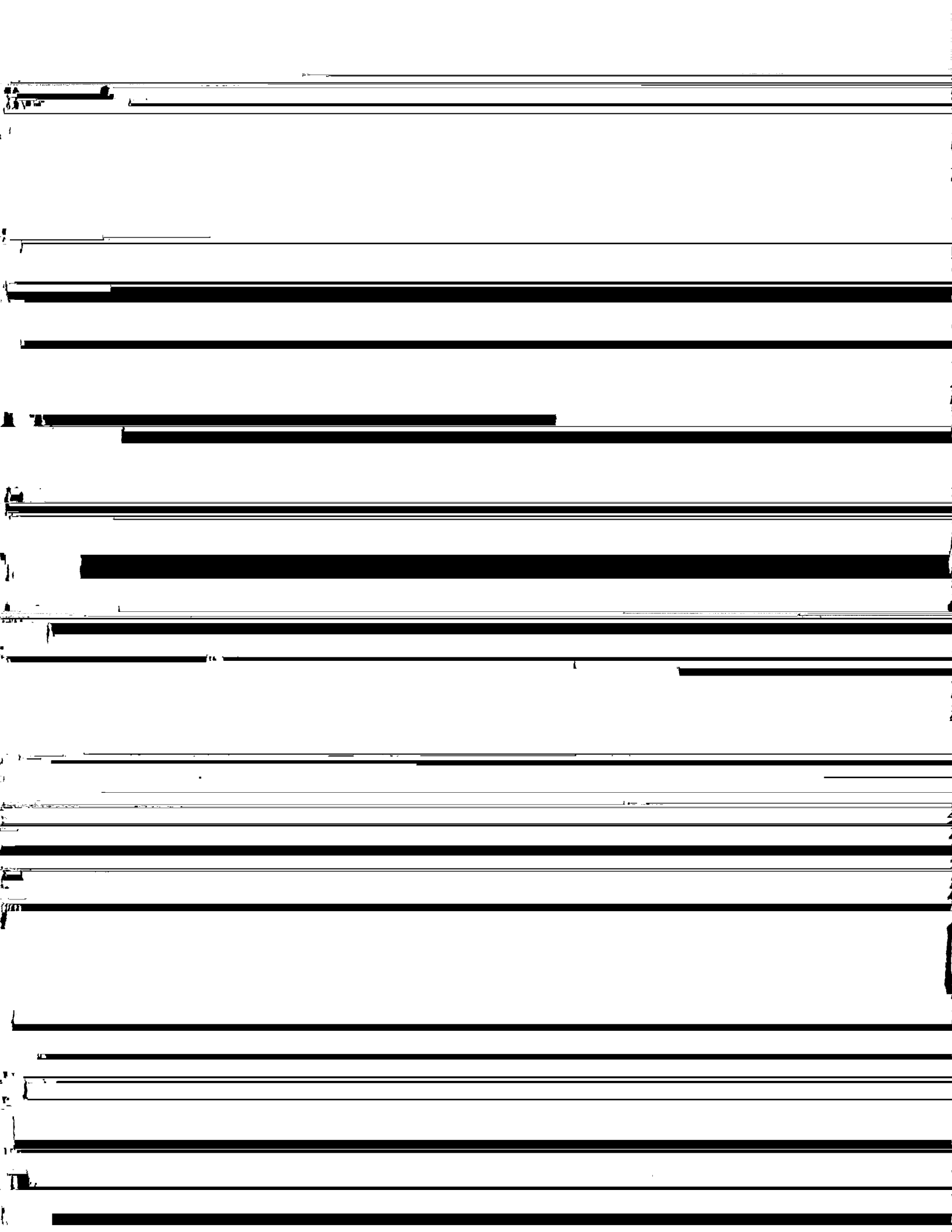
Municipal sewage connection

✓ For flooring.

Linoleum

✓ To protect work surfaces (test

All preparation to be done in the school kitchen (indoor)



Please ensure that you have completed the required sections in as much detail as possible.

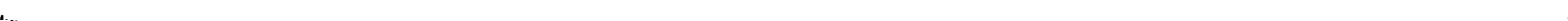
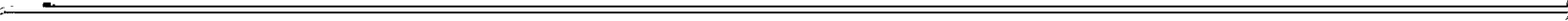
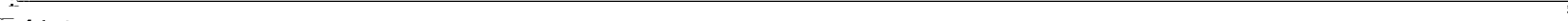
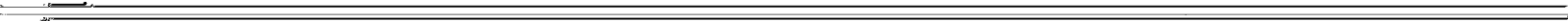
information could delay processing of your application.

THE INFORMATION I HAVE PROVIDED IS COMPLETE AND ACCURATE TO THE BEST OF MY KNOWLEDGE. I

FURTHER AGREE TO COMPLY WITH THE PROVISIONS OF THE FOOD SAFETY AND INSPECTION SERVICE

APPLICATION FOR APPROVAL OF TEMPORARY FOOD PREMISES

Quincy School District - 44



To contain garbage.

To protect work surfaces.

4. For each prepared menu item indicate where the food was obtained (source). If the food was prepared on-site, indicate the location where the food was prepared (e.g., kitchen, prep area, etc.).

after being obtained, please indicate which category (offsite/no cooking/cooling) applies from the Chart in Item 5.

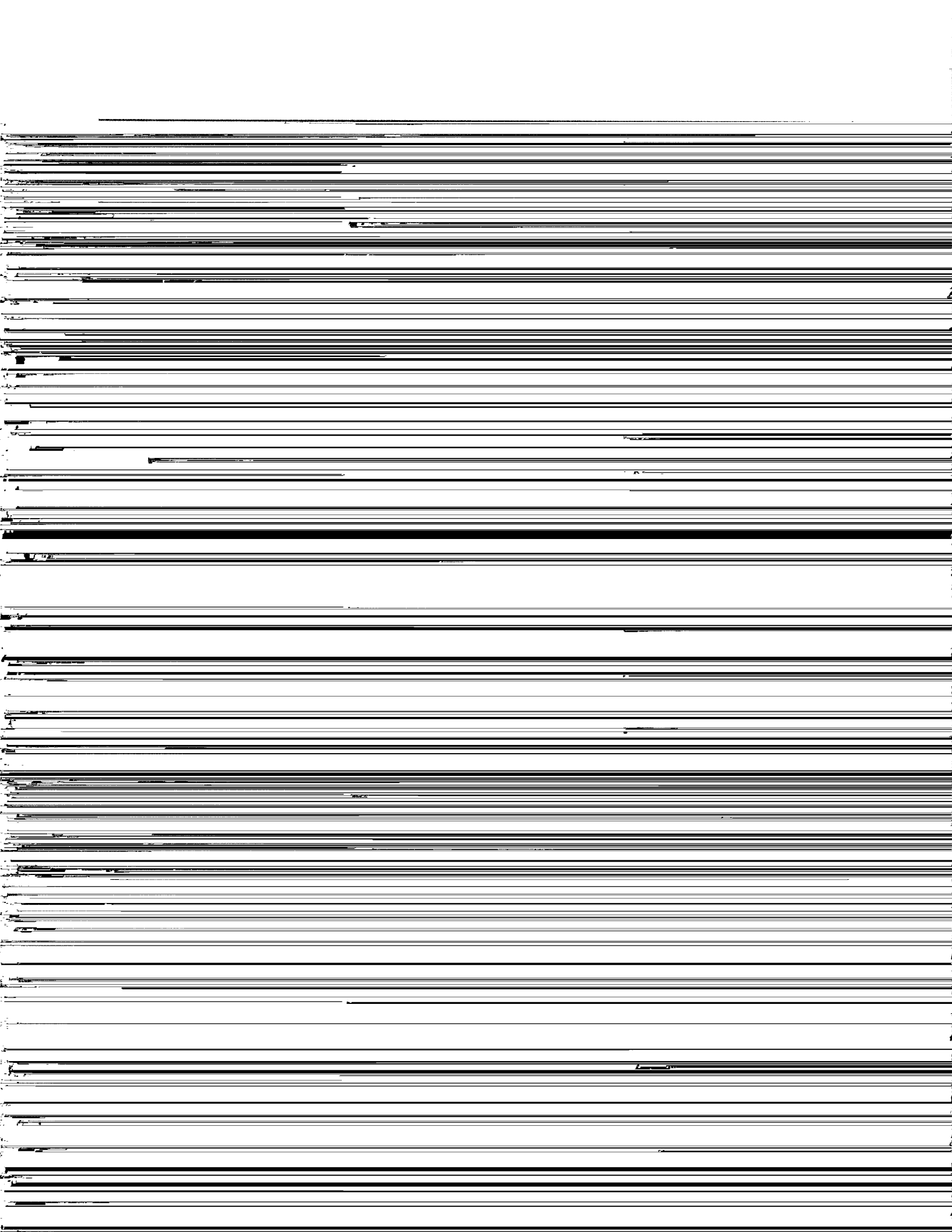
CCP indicates that this is a Critical Control Point and special care must be taken to ensure that temperature limits

THIS APPLICATION FORM IS DUE AT LEAST 14 DAYS PRIOR TO THE EVENT

RETURN THIS APPLICATION TO:

For Office Use Only

Health Protection
#200 4046 Canada Way



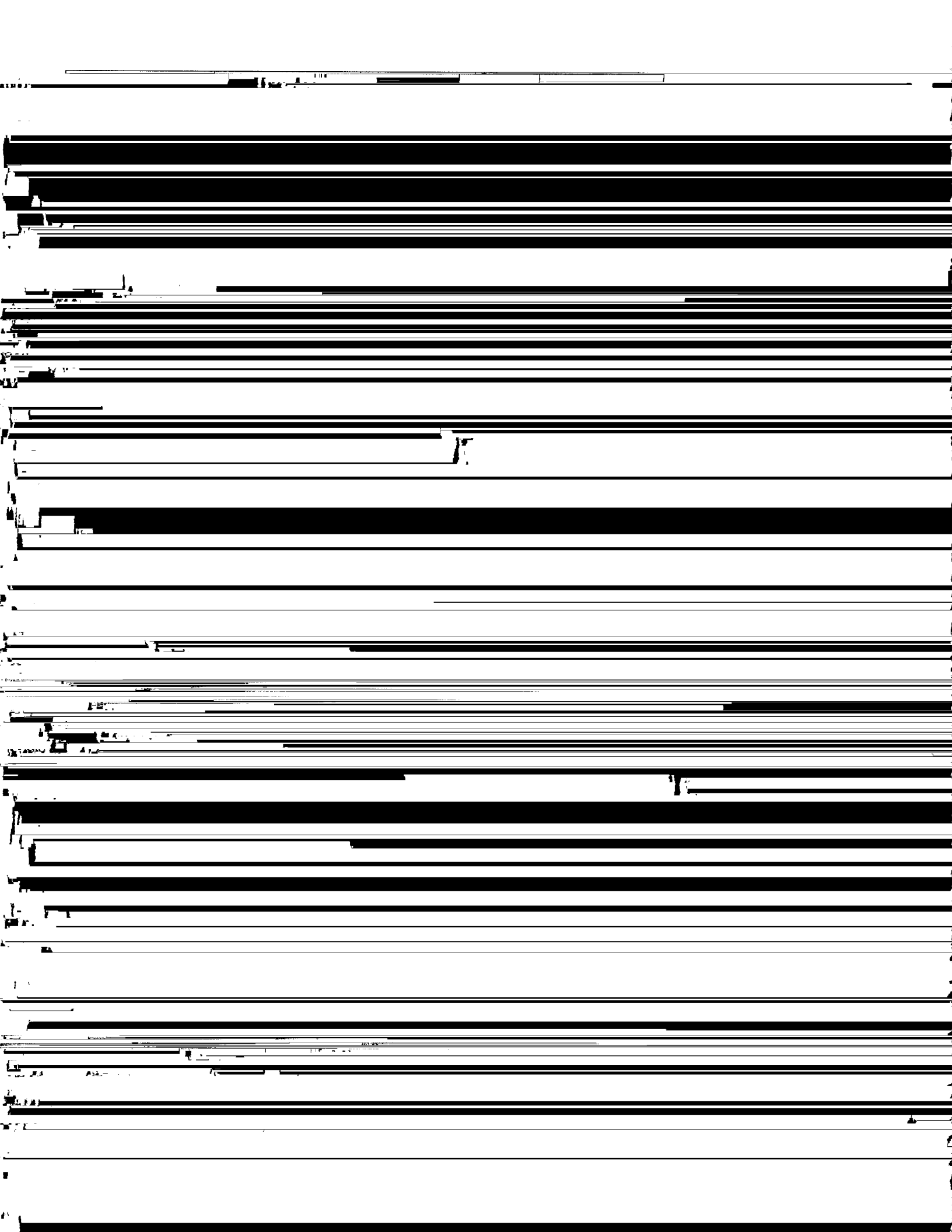
Make each Food Guide Serving count...

wherever you are - at home - at school - at work - or when eating out!

Advice for different ages and stages

The benefits of eating well and being active include:

Take action today



Kellogg's

Munch'ems bite
size granola
snacks

Honey Oat

20 g

Crains

1

Choose
Sometimes

Western Classics

Cereal Bars

Raspberry

37.5 g

Grains

1

Choose
Sometimes

Yogurt

and Tossed

| | | | | | | |
|------------|---|----------------|------|--------------|---|---------------------|
| Pizza Hut | 1/12 of 14" Large Thin N Crusty Pizza | Veggie Lover's | 87 g | Mixed Entrée | 1 | Choose Sometimes |
| Schneiders | Lean Stuff | Chicken | 100 | Mixed Entrée | 1 | Choose Sometimes |

| | | | | | | |
|------------|---------------------|-------------------|------|-------|---|------------------|
| Nile Spice | Soup Mix (soup cup) | Minestrone, 1 cup | 45 g | Soups | 1 | Choose Sometimes |
|------------|---------------------|-------------------|------|-------|---|------------------|

| | | | | | | |
|--------|-------|---|-------|----------------|---|-------------|
| Subway | Salad | Veggie DeliteSalad (no dressing or croutons) | 314 g | Veg/Fruit Food | 1 | Choose Most |
|--------|-------|---|-------|----------------|---|-------------|