

KIDS EAT SMART CLUBS

HANDWASHING

- Always wash your hands with soap and hot water before beginning food preparation.
- After using the washroom.
- When returning from a break.
- After eating.
- After handling raw food products.
- Before putting on disposable gloves and after removing disposable gloves.

DISPOSABLE GLOVE USE

- Please wear disposable gloves when handling food at all times.
- When you change your task change your gloves.

HAIR NET USE

- Please wear hair nets when handling food at all times.
- Ensure long hair is pulled back.
- Avoid reusing disposable hair nets, these are one use items.

AVOID SERVING WHEN SICK

- You should not serve at you KES Club if you are unwell.
- Advise your KES Club Coordinator you are not able to come and volunteer.

DISHWARE & PREP AREA

- Work areas MUST be kept clean and sanitized.
- Dishes and utensils must be washed and rinsed in a sink with hot water and detergent.

FOOD PREP

- Wash all fruits and vegetables thoroughly.
- All ingredients and foods must be obtained from a licensed food establishment such as a grocery store.

FOOD STORAGE

- Keep cold food cold and warm food warm
- Cold foods need to be stored at or below 4°C/40° (KES encourages all clubs to purchase refrigerator thermometers and monitor temperatures on a regular basis).
- All food must be stored in cabinets or sealed containers and stored off of the floor.
- Watch for expiration dates on food such as yogurt and milk. (FIFO – practice first in first out method).

FOOD RECALLS

- Whenever possible, KESF NL will alert KES Clubs of any food recalls pertaining to NL and encourage all Principals, Staff and Volunteers to contact Health Canada for direction or any concerns you have.

Follow school policies surrounding food allergies or dietary restrictions carefully.

All KES Clubs must arrange Food Safety Training with your Regional Coordinator.

