

## KIDS EAT SMART CLUBS

### OFFER NUTRITIOUS CHOICES

Plan the menu using— Eating Well with Canada’s Food Guide. The menu should include three of the four food groups daily and should provide fruit/vegetables (canned, fresh, or frozen) and milk or a milk alternative on a regular basis where possible.

### OFFER ADEQUATE FOOD

Provide additional helpings as requested so that children leave the Club ‘full’. Please ensure that children have a variety of choices so they are getting the nutrients they need i.e. toast and fruit/toast and yogurt rather than four pieces of toast.

### AVOID WASTE

Prepare meals and snacks based on the number of children expected, or as required.

### ARE SANITARY

Wash hands before handling food; use of disposable gloves is recommended. Keep serving areas and utensils clean. Pull back hair if long and the use of disposable hair nets are recommended.

### HAVE SAFE FOOD PRACTICES

Volunteers must complete Food Safety Training with their Regional Coordinator - this is a requirement of all clubs to ensure safe food practices are being followed.

### ARE RESPECTFUL

All children and volunteers are to be welcomed and treated with respect. Research shows that there is a link between good nutrition and the ability to concentrate and learn. If children have not eaten for whatever reason, it is important that they feel comfortable and welcome in a non-stigmatizing, friendly environment. Volunteers help make that happen.

### USE RESOURCES APPROPRIATELY

The financial grants food donations and equipment provided must only be used for universally accessible breakfast programs, snack program and Homework Haven programs. A progress report is required to request additional funds for your KES Club. Year End Reports are mandatory and due to the Kids Eat Smart Foundation at the end of each school year.

### EQUIPMENT OWNERSHIP

Any equipment that has been provided or will be provided by the Kids Eat Smart Foundation is to be used solely for the KES Club Program. Should the School KES Program be terminated, under the direction of the KES Foundation, the equipment will be prepared and securely packed to be transferred to another school where a KES Club is active.

### DONATIONS

KES Foundation is the Charity and will be responsible for all receipting as it relates to donations made to Kids Eat Smart Clubs. All donations requiring charitable tax receipts should be addressed to the Kids Eat Smart Foundation. Donations will be receipted by the KES Foundation office and funds will be sent to the intended school.



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