

KIDS EAT SMART CLUBS

All KES Clubs must comply with all public health directives related to Covid-19.

HANDWASHING: PROTECT YOURSELF AND OTHERS AGAINST INFECTIONS

*See **HOW TO WASH YOUR HANDS - Government NL COVID Guidelines**

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

- Wear disposable gloves at all times when handling food.
- Change your gloves when you change your task.

HAIR NET USE

- Please wear hair nets at all times when handling food.
- 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 your KES Club if you are unwell; you must stay home
- Advise your KES Club Coordinator if you are not able to come and volunteer.
- If you have traveled outside the province do not volunteer for 30 days.

DISHWARE & PREP AREA

- Work areas MUST be kept clean and sanitized.
- Dishes and utensils must be washed in a sink with hot water and detergent and then rinsed with hot water.
- During COVID-19 Pandemic, disposables will and can be used.

FOOD PREP

- Thoroughly wash all fruits and vegetables with water.
- All food must be obtained from a licensed food establishment such as a grocery store.

FOOD DONATIONS

- Food donated to schools must be used within 24 hours. If you are unable to use or distribute the food, during this time, **DO NOT** accept it.

FOOD STORAGE

- Keep cold food cold and warm food warm.
- Cold food needs to be stored at or below 4°C/40°F (KES encourages all clubs to purchase refrigerator thermometers and monitor temperatures on a regular basis).
- Warm food needs to be kept at or above 60°C/140°F.
- All food must be stored in cabinets or sealed containers 6" off 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.
- KESF encourage all Principals, Staff and Volunteers to contact Health Canada regarding food safety concerns.

Follow school policies surrounding food allergies or dietary restrictions carefully.

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