

## KIDS EAT SMART CLUBS

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

### OFFER NUTRITIOUS CHOICES

- A “grab and go” delivery methodology - cafeterias cannot be used as a congregation point.
- Volunteers may create the grab and go snacks to make best economical/nutritional options available i.e. food does not have to be purchased pre-packaged, as long as all standard food hygiene practices are in place when creating individual portions.
- Where, and when possible, use *Canada’s Food Guide* menu for food choices.
- Offer milk, healthy whole grain, fruit/vegetables (canned, fresh or frozen), and protein foods.
- Keep the menu simple and have food readily available or packed for students to take to their classrooms.

### OFFER ADEQUATE FOOD

- Provide additional helpings as requested so that students are ‘full’.
- Please ensure that students have a variety of food so they are getting the nutrients they need.

### AVOID WASTE

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

### PRACTICE FOOD SAFETY

**\*See Kids Eat Smart Food Safety Guidelines and Government NL COVID Guidelines.**

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

### PROVIDE A NON STIGMATIZING & FRIENDLY ENVIRONMENT

- All children and volunteers are to be welcomed and treated with respect.
- It is important all students feel comfortable and welcome in a non-stigmatizing, friendly environment.

### USE RESOURCES APPROPRIATELY

- Financial grants, food donations and equipment provided must only be used for universally accessible breakfast, snack and Homework Haven programs.
- A progress report is required to request additional funds for your KES Club.
- Year End Reports are mandatory and are to be submitted to the KES Foundation at the end of each school year.
- Any Grants or money received for your KES Club must be entered in your eFunds.

### EQUIPMENT

- 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 Club 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.
- Any equipment received by your KES Club must have a KES equipment sticker.

### ASK FOR 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.

Designated donations can be made online at [www.kidseatSMART.ca](http://www.kidseatSMART.ca). 100% of these donations will be sent to your KES Club.

