

KIDS EAT SMART CLUB VOLUNTEERS

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

HANDWASHING

- Wash hands frequently **Please refer to How to Wash Your Hands - Government NL COVID Guidelines (www.gov.nl.ca/covid-19/files/NEW-Wash-Hands-OL-8.5x11.pdf)*
 - Before, during, and after food preparation.
 - After using the washroom.
 - After touching your face.
 - When returning from a break.
 - Before and after eating.
 - Before and after handling raw food.
 - Before putting on disposable gloves and after removing disposable gloves.
 - Before and after treating a cut or wound.

DISPOSABLE GLOVES

- Wear disposable gloves when handling food.
- Change your gloves when you change your task.
- Cut your hand – wash hands, apply bandage, wear clean gloves.
- Keep nails trimmed (avoid nail polish, if possible).
- Remove jewelry (i.e., rings).

HAIR NET

- Please wear a hair net when handling food.
- Put on a hairnet before washing your hands and putting on clean gloves.
- Ensure long hair is pulled back.
- Remove jewelry (i.e., earrings).
- Disposable hair nets are one use items. Please do not reuse.

FACE MASK AND SHIELD

- Wear a Level 1 medical face mask and a face shield, before entering the school, while in the school, and while volunteering at KES Club.
- Avoid eating and drinking while preparing and serving food.

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 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.
- CLEAN & DISINFECT food equipment, utensils, containers.
 - The use of a commercial dishwasher is the preferred method for cleaning and sanitizing reusable dishware; however, using sinks, preferably a 3-compartment sink, to rinse, wash and sanitize, is also acceptable. If a commercial dishwasher or proper rinse-wash-sanitize sink station is not available, the use of disposable dishware is recommended.
- CLEAN and DISINFECT all dish cloths regularly.

FOOD

- All food must be obtained from a licensed food establishment, such as a grocery store.
- Wash all fruits and vegetables under cold running water.
- Cold food must 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 must be kept at or above 60°C/140°F.
- Frozen food must be stored at -18°C or less.
 - Freeze unopened yogurt for 1 month, cheddar cheese for 8 weeks, and bread for 2 months.
- All food must be stored in cabinets or sealed containers 6" off the floor and 2" from the wall.
- Watch for expiration dates and remember First In First Out (FIFO).

FOOD RECALLS

- Whenever possible, KESF NL will alert KES Clubs of any food recalls pertaining to NL.
- KESF encourages all Principals, Staff and Volunteers to contact Health Canada regarding food safety concerns.

FOOD DONATIONS

- Perishable food donated to schools must be used within 48 hours. If you are unable to use or distribute the food, during this time, **DO NOT** accept it.

