



KIDS EAT SMART CLUBS

All KES Clubs must comply with all Public Health directives related to Covid-19.

- WASH raw fruit and vegetables under cold running water
 - 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
 - Separate raw food from cooked food
 - Separate cleaning agents and food
 - Practice great personal hygiene
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- If you do not feel well, do not volunteer
 - Put on a face mask and face shield before entering the school
 - Cut your hand – wash hands, apply bandage, wear clean gloves
 - Put on a hairnet before washing hands and putting on clean gloves
 - Change a task, change your gloves
 - Keep nails trimmed (avoid nail polish, if possible).
 - Remove jewellery
 - Avoid eating and drinking while preparing food
 - Wash hands frequently
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- Cook raw food to the appropriate temperature (eggs 63°C/145°F)
 - Keep fridge temperature at 4°C or less
 - Keep freezer temperature at -18°C or less
 - freeze unopened yogurt for 1 month, cheddar cheese for 8 weeks and bread for 2 months.
 - Thaw food in fridge, under running water, or in microwave
 - Keep dry food storage at 10°C-20°C; humidity 50-60%
 - Store dry food in sealed containers 6" off floor, 2" from wall
 - Remember First-In First-Out

CLEAN

means the removal of physical debris.

DISINFECT

means to destroy small living things that cause illness, such as bacteria and viruses.

HAND SANITIZER IS NOT

a replacement for soap and water; if soap and water is not available, use hand sanitizer (minimum 60 % alcohol).

GLOVES ARE NOT

a replacement for handwashing.

WHEN IT DOUBT THROW IT OUT

