

## Food Safety Guidelines for Before and After School, Snack, Lunch, and Breakfast Programs

The following are guidelines on food handling and safety that will help to ensure that foods offered to children at school are safe to eat.

The types of foods that can be stored, prepared and served safely at school will depend on the facilities that are available.

### 1. Dry foods storage

Pre-packaged, non-hazardous foods such as breads, cereals, peanut butter, cookies and crackers should be stored in a dry clean area at least 15 cm (6 inches) above floor level. Keep these foods covered or in a container with a tight fitting lid.

### 2. Refrigeration storage

Refrigeration space must be provided for the storage of hazardous foods such as products containing eggs, milk, or meat. An accurate indicating thermometer must be provided in each refrigeration unit. Check temperatures daily to ensure that foods are kept at 4°C (40°F) or lower.

### 3. Handwashing facilities

A sink must be designated for handwashing to ensure hands are washed before handling foods and after any chance of re-contamination (e.g. sneezing or coughing, touching a door handle).

Provide the following for handwashing:

- i. hot and cold running water,
- ii. soap in a dispenser, and
- iii. paper towels in a dispenser.

Always encourage children to wash their hands after using the toilet and before eating.

### 4. Manual dishwashing

- i. Wash with detergent and hot water.
- ii. Rinse in the second sink in clean water at a temperature not lower than 43°C (109.4°F).
- iii. Sanitize in a clean chlorine solution (i.e. use 4 ml of household chlorine bleach per litre of water or not less than 100 parts per million at a temperature not lower than 24°C (75°F) for at least forty-five seconds).

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- iv. Ensure chlorine test reagent papers and an accurate thermometer are available to determine the concentration of the sanitizer and the temperature of the sanitizing solution.
- v. Air dry after sanitizing is completed.

A minimum of two sinks are required for this method of dishwashing. A plastic dish basin may be used as a replacement for the third sink. If two sinks are not available, disposable, single-use dishes and utensils must be used. Single use utensils (e.g. plastic utensils) must not be reused.

Mechanical dishwashing is acceptable using either a commercial dishwasher or a domestic dishwasher with a chlorine detergent.

Food contact surfaces such as cutting boards and counters must also be washed, rinsed and sanitized.

## **5. Cooking, cooling and reheating**

Foods must be obtained from an approved source. All further preparation must be done on the school premises following these temperature guidelines:

- prepare foods as close to serving time as possible
- cook hazardous foods thoroughly
- cool foods quickly using ice baths or shallow pans
- keep cold foods COLD at 4°C (40°F) or lower
- reheat foods quickly to 74°C (165°F) using a stove, electric pan or microwave oven
- keep hot foods HOT at 60°C (140°F) or greater.

Microwave ovens may be used for reheating (or warming) provided the entire portion of food meets the required temperature. For example, pre-cooked hot dogs and soups may be reheated in a microwave oven. Stirring can help to ensure a uniform temperature.

A probe thermometer can be used to verify temperatures provided it is sanitized in a bleach and water solution prior to probing food.

Keep all chemicals locked in a separate cupboard out of reach of children.

If you have any questions contact the Public Health Inspector at the KFL&A Public Health office nearest you.