

Student Nutrition Programs During COVID-19

Due to COVID-19, many food-related services and activities in school will require some changes. This document provides guidelines to consider for Student Nutrition Programs (SNP) as schools re-open during the COVID-19 pandemic.

Distribution Format

- Food served must meet the [SNP guidelines](#).
- All food must be pre-packaged into individual servings.
 - » Loose food items (e.g., pre-cut vegetables that are not individually packaged) should be avoided.
- “Self-serve” items (e.g., veggie tray, cereal poured from large container, “toast station”), or those for communal sharing (e.g., bowl of popcorn), are not permitted at this time.
- A “no food sharing” policy should be enforced, including loose and communal food items as described above, as well as common items (e.g., condiments like salt and pepper.)
- Food should be made available in a “grab and go” format:
 - » **Option #1:**
 - One individual (e.g., a teacher) hands out the pre-packaged item(s) to each student. This individual must wash their hands with soap and water or use hand sanitizer before doing so.
 - » **Option #2:**
 - Students line up 2 metres apart or approach one at a time to grab their pre-packaged item(s) (placed in bins), while refraining from touching other items in the bins.

Infection Prevention and Control Measures

- The individual(s) preparing food must adhere to COVID-19 prevention protocols, including masking, physical distancing, and self-screening before entering the school.
- Students cannot be involved in the preparation and serving of food for non-instructional activities.
- Those handling and/or preparing the food must meet the requirements of the [Ontario Food Premise Regulations](#).
- Proper [hand washing](#) and [hand hygiene](#) must be performed before preparing, serving, and eating food, and after discarding leftovers and packaging.
- All surfaces, bins, and containers for food should be disinfected before and after each use.
- Students must wash their hands with soap and water or use hand sanitizer before getting food and eating.

Packaging Food Items

- Adhere to all infection prevention and control measures outlined above.
- Use scoops or tongs to transfer foods from original packaging into individual packaging.
- Use disposable plastic sandwich bags or disposable plastic containers to package food.
- Store food that has not yet been packaged or served in accordance to [safe food storage](#) guidelines.
- Label prepackaged food with a date.
- Dispose of food if not consumed by the [recommended length of time for storage](#).
- Avoid sharing, repurposing or re-distributing food prepared during instructional time.

Suggestions for “Grab and Go” Food Choices

Food Grouping	Suggested Foods
<p>Vegetables and Fruit</p>	<ul style="list-style-type: none"> • Whole, unpeeled fruit such as bananas, apples, oranges, peaches, pears • Individually packaged vegetables, fruit cups (packed in water), unsweetened applesauce cups • Individual packages of roasted vegetables (e.g., snap peas, carrots, beets) • Individual containers of guacamole
<p>Protein Foods</p>	<ul style="list-style-type: none"> • Packaged hard-boiled eggs • Individual containers of hummus • Individual packages of roasted chickpeas or beans • Individual packages sunflower seeds, pumpkin seeds, nut-free butter (in accordance with your school’s anaphylaxis policy) • Individual containers of low-mercury, boneless fish such as light tuna or salmon • Individually packaged non-processed cheese slices/strings • Plain or flavoured yogurt cups (dairy or soy), yogurt tubes or drinks • Single-serve plain milk (1%, 2%, or 3.25%), or unsweetened fortified soy beverage
<p>Whole Grains</p>	<ul style="list-style-type: none"> • Granola or cereal bars (without chocolate chips or marshmallows that are not dipped in chocolate) • Unsweetened, ready-to-eat cold cereals in individual packages with whole grain, whole wheat, or bran as the first ingredient • Individually packaged whole grain crackers, muffins, brown rice cakes, popcorn, pitas, and other products with whole grain or whole wheat listed as the first ingredient with little added sugar or sodium (salt).

1-800-660-5853
www.healthunit.org



EOHU
Eastern Ontario
Health Unit



BSEO
Bureau de santé
de l'est de l'Ontario

1-800-267-7120
www.eohu.ca