A green sunburst graphic with a semi-circular base and several rays of varying lengths extending upwards. The text "Section 4" is centered within the semi-circle.

**Section  
4**

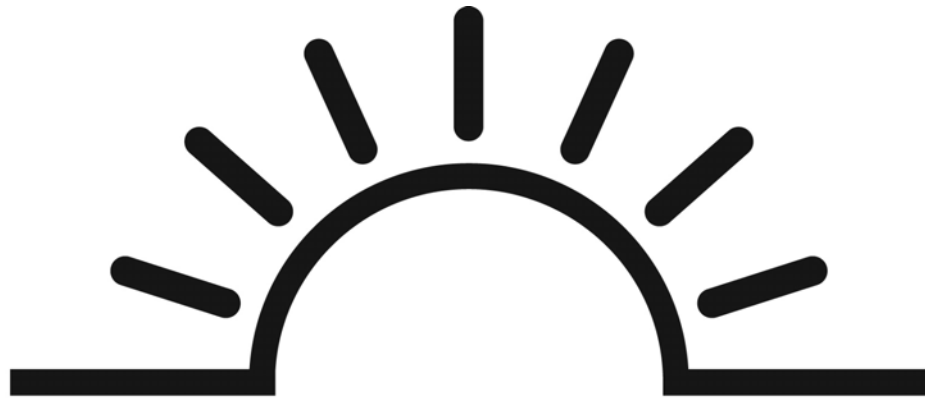
**Guidelines and Procedures  
for Offering Healthy and  
Safe Food at School**



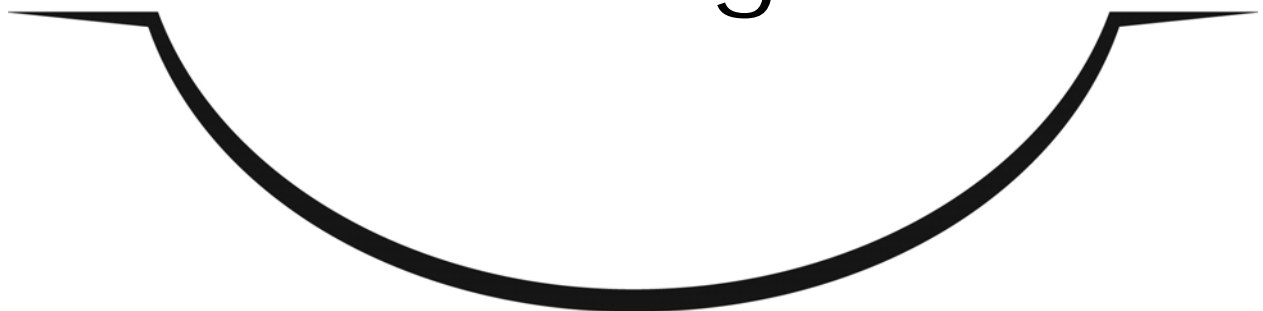
Section 4  
Guidelines and Procedures for Offering Healthy and  
Safe Food at School

Table of Contents

Rules for Safe Food Handling for School Food Programs	4-1
Emergency Food Cupboards	4-5
Microwave Safety	4-8
Voluntary Peanut Aware Schools	4-12
Breakfast for Learning: Best Practices - Program Standards	4-20



Rules for Safe Food  
Handling for School  
Food Programs



# Key Points

## Rules for Safe Food Handling

- **Avoid Contamination**
  - Wash hands often when handling food
  - Gloves should be changed as often as you would wash your hands
- **Prevent Food Poisoning**
  - Foods served at school that are not prepared by a licensed food establishment, should be prepared at the school
  - Keep potentially hazardous foods separate from other food
  - Make sure that meats are cooked to the correct internal temperature
  - Food should be stored at either below 4°C (40°F) or above 60°C (140°F) to avoid food poisoning
  - Thoroughly clean and sanitize all work surfaces
- **Storage and Pest Control**
  - Do not store food on floor
  - Rotate food in order of purchase - first in, first out
  - Store cleaning materials separately from food
  - Check refrigerator and freezer temperatures regularly
- **Personal Safety**
  - Use pot holders or oven mitts when handling hot pans
  - Provide first-aid and fire safety equipment

# Rules for Safe Food Handling for School Food Programs

Food-borne illnesses are always a possibility when food is served. Listed here are rules that will greatly reduce the risk of food-borne illnesses. Those involved with food handling at school should attend a **Food Safety Seminar** provided by Environmental Health (Department of Health and Social Services) free of charge (further information regarding Food Safety Seminars will be sent to schools).

## Avoid Contamination

- Wash hands with soap and warm water before starting work (a minimum of 20 seconds), after using the toilet, after smothering a sneeze or cough, using a handkerchief to blow your nose, after eating, drinking, or smoking, after handling money, or after any other chance of contamination.
- Use a paper towel to dry hands after washing. Do not use a cloth towel.
- Wear plastic gloves and change gloves often - gloves should be changed as often as you would wash your hands. This is especially important if the food handler has a bandaged hand or finger or an open cut/sore (such as a hangnail).
- Avoid serving food with fingers. Use tools such as tongs, ladles, lifters and scoops whenever possible.
- Do not dip fingers into food or lick fingers when preparing food. Do not reuse a spoon for tasting.
- Do not touch hair, face or other parts of the body with your hands and then touch food. Confine hair in hat or net while on duty.
- Do not assist with food preparation or serving when ill.
- Keep potentially hazardous and cooked and/or ready-to-eat foods separate (e.g. raw hamburger separate from raw vegetables).
- Use clean utensils and dishes for mixing and serving cooked food.
- Food should be prepared in an area where people have easy access to wash their hands.
- Portioning and delivery of food to classrooms should be done in a manner so as to prevent contamination of the food. Remember to keep food covered and handle ready-to-eat food with gloves or utensils.
- Foods available for self-serve should be covered or individually wrapped. It is recommended that students use tongs to pick-up the food (e.g. muffins).

## Prevent Food Poisoning

- Foods served at school food programs, that are not prepared by licensed food establishments, should be prepared at the school.
- Store all potentially hazardous foods (meat, eggs, fruit, vegetables and dairy products) in a

- refrigerator. Raw meat should be stored on the bottom shelf.
- Purchase perishable foods with “best before” dates or spoilage time in mind. Remember that once opened, some foods can spoil quickly regardless of the best before date (milk, yogurt, luncheon meats, etc.). Follow the “first in, first out” rule.
- Make sure that cooked delivered food is hot when it arrives (e.g. pizza, soup, pasta, etc.). A probe thermometer can be used to ensure that hot foods are above 60°C (140°F).
- Frozen foods should be thawed in the refrigerator or under cold running water. Microwaves can be used for thawing smaller items.
- Ensure that meat (especially ground meats), fish, poultry and eggs are completely cooked to an internal temperature of 74°C (165°F). A probe thermometer can be used to check temperature.
- Food should be prepared as close to serving time as possible. If not serving immediately, store either below 4°C (40°F) or above 60°C (140°F). Do not allow prepared foods to sit at room temperature.
- When reheating cooked food, ensure that it reaches an internal temperature of 74°C (165°F) - a probe thermometer can be used.
- Thoroughly clean and sanitize all work surfaces (for example, chopping boards) before and after each use. Wash, then sanitize by spraying a solution of 5 ml (1 tsp) bleach to 1L (4 cups) water or using another approved sanitizer. An approved sanitizer contains 100PPM chlorine or 200PPM quarternary ammonium (Quat.).
- When washing dishes by hand, follow the “Manual Dishwashing Procedure” outlined in the Environmental Health Handout “Safe Food” - found in the plastic sleeve following this document.

## Storage and Pest Control

- When buying foods that are normally stored at room temperature, such as rice or cereals, transfer immediately to insect and rodent-proof containers with tight-fitting lids.
- Food should be stored at least 6" off the floor or in a cupboard. Do not store food on the floor.
- Keep storage areas dry, well ventilated, lighted and thoroughly clean.
- Rotate food in order of purchase - first in, first out.
- Store cleaning, disinfecting agents, insecticides, mops and brooms separately from food.
- Keep all utensils and dishes in enclosed cupboards. Store glasses and cups upside down on a clean surface.
- Regularly monitor refrigerator and freezer temperatures. The temperature of a refrigerator should be less than 4°C (40°F) and the temperature of a freezer should be less than -18°C (0°F). Have equipment repaired immediately or report any problems to custodial staff immediately for their attention.
- Store garbage in a separate area from food-service area. Remove garbage daily.
- Attend to presence of insects or rodents immediately.

## Personal Safety

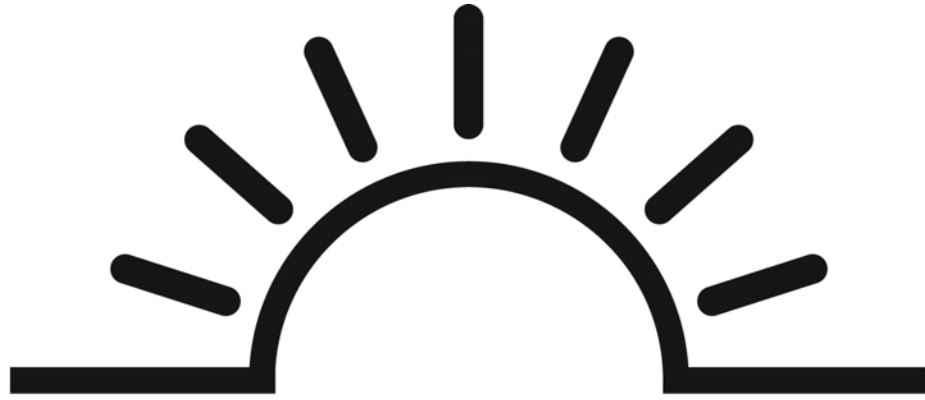
- Use dry pot holders or oven mitts when handling hot pans. Do not use dish towels or cloths as a substitute for pot holders.
- For safety, wear rubber-soled closed shoes that protect the feet.
- Provide first-aid and fire safety equipment. Demonstrate use.
- Ensure pot handles are turned inward to prevent accidents.

For more information on safe food handling check out the Fight Bac!™ website at [www.canfightbac.org](http://www.canfightbac.org) or check out the “Safe Food” handout from Environmental Health, Department of Health and Social Services. The “Safe Food” handout and additional resources from Environmental Health can be found in the plastic sleeve following this document. An Environmental Health Officer can be reached at 902-368-4970 or 1-800-958-6400 or in writing to PO Box 2000, Charlottetown, PE, C1A 7N8.

### Sources:

Breakfast for Learning, Canadian Living Foundation

Environmental Health, Department of Health and Social Services



# Emergency Food Cupboards



## Key Points

### Emergency Food Cupboards

- Emergency Food Cupboards are important for preventing students from being hungry during the school day.
- The foods stocked in the Emergency Food Cupboard should be consistent with what is recommended in the Healthy Eating Policy.
- Those who provide donations to a school's Emergency Food Cupboard should be made aware of the preference for healthy foods.
- There are a variety of healthy non-perishable and perishable foods that would be appropriate.
- Depending on a school's kitchen facilities, it may be feasible to have foods that require minimal preparation available to students using the Emergency Food Cupboard.

# Emergency Food Cupboards

Most schools already stock an Emergency Food Cupboard, although it may be called something different from school to school. The purpose of an Emergency Food Cupboard is to ensure that students do not go hungry during the school day. Some students may come to school without a lunch on a regular basis and others may occasionally forget their lunch. Regardless of the student's situation, there may be a time when they need to make use of the school's Emergency Food Cupboard.

The food in the Emergency Food Cupboard may be donated by parents, the PEI Home and School Federation, community groups (such as the I.O.D.E.), or by the school itself. In keeping with the efforts to promote healthy eating within the school environment, it is important to stock the Emergency Food Cupboard with healthy choices. It is a good idea to emphasize foods that are non-perishable or that do not require refrigeration. Since school staff are already very busy, it also makes sense to select foods that require minimal or no preparation.

It can be a challenge to ensure that only healthy foods are stocked since schools rely on donations. One can suggest that people try to donate healthy foods. The following lists are meant to guide schools when stocking their Emergency Food Cupboard. Please note that not all choices are appropriate for voluntary peanut aware schools.

## Non-perishable Ready to Serve Foods:

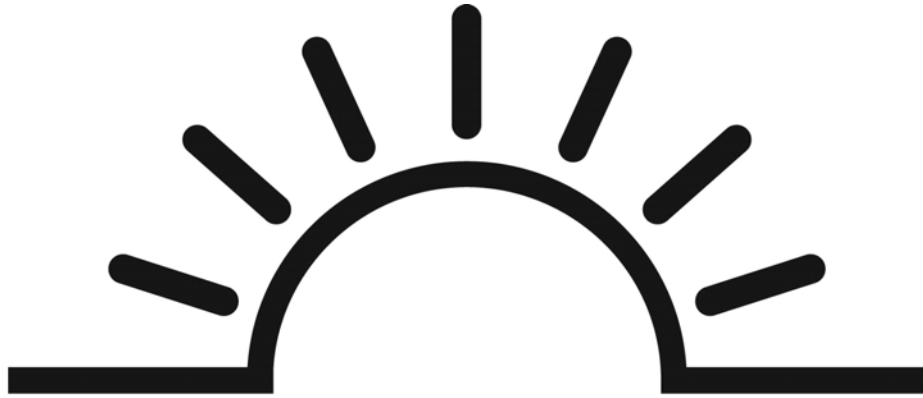
- ▶ Canned fruit in water or juice
- ▶ Dried fruit (such as raisins, cranberries, apples, bananas)
- ▶ 100% fruit juice (in boxes, cans, bottles)
- ▶ Crackers (lower fat variety such as saltines - available in 4 packs)
- ▶ Whole grain bread sticks
- ▶ Unsweetened and/or whole grain cereal
- ▶ Nuts, seeds, or trail mix (except where there are nut allergies)
- ▶ Granola or cereal bars (lower fat and sugar; no chocolate or marshmallows)
- ▶ Prepared pudding made from milk
- ▶ Peanut butter (except where there are nut allergies)

## Perishable Ready to Serve Foods:

- ▶ Milk or chocolate milk (2% milk fat or lower)
- ▶ Yogurt or yogurt tubes
- ▶ Cheese or cheese strings
- ▶ Fresh whole fruit
- ▶ Baby carrots

## Foods that require preparation

Schools might consider stocking individual portions of casseroles, pasta dishes, or chili. Frozen dinners that are lower in fat can also be considered. Another idea is to keep sandwich ingredients on hand, such as whole wheat bread or buns and canned meats or fish (e.g. chicken, turkey, ham, tuna, salmon) or lean sandwich meat or peanut butter (if school is not nut free). Even simpler are canned or packaged soups (e.g. vegetable, tomato, chicken noodle, etc.) that can be heated up in the microwave. These can be higher in salt. It's also possible to freeze a batch of nut free muffins and defrost them as needed.



# Microwave Safety



# Key Points

## Microwave Safety

- This document will not be relevant for schools who do not have microwaves available for student use.
- Classroom Microwave Rules:
  - Students should ask for permission to use the microwave
  - Read microwave directions on food packages
  - Do not turn microwave on for longer than one minute at a time
  - Do not heat beverages
  - Students should ask for help when handling liquid foods
  - Students should stand at least one metre away from the microwave when it is in use to avoid crowding
- Spills should be cleaned up immediately.
- Only use microwave-safe containers.
- Suggestions of leftover foods that can be reheated in the microwave.
- Avoid microwave dinners and foods that are high in fat and low in nutrients.

# Microwave Safety

Please note: The information in this document will not be relevant for schools who choose not to have microwaves available for student use.

The use of microwaves has allowed for an expansion of lunch choices and are often found in Island classrooms. However, it is important to consider the potential dangers associated with microwave use and to follow the “Classroom Microwave Rules” and “General Microwave Safety Guidelines”. Students and staff should be instructed about the proper use of the microwave. As well, “Classroom Microwave Rules” should be posted next to the microwave - see page 4-11 for an enlarged, student-friendly version of the rules. It is a good idea to laminate the “Classroom Microwave Rules” before posting.

## Classroom Microwave Rules

- ▶ Students should ask for permission from a teacher before using the microwave to allow for adequate supervision.
- ▶ Students and teachers should read and follow the microwave directions on food packages carefully. If directions are not followed, it may result in packages bursting, spills, or fires.
- ▶ The microwave should not be turned on for more than one minute at a time regardless of the package directions. Each microwave is different - some are far more powerful than others. Checking the food being heated at one minute intervals should reduce the risk of overheating foods, spills, and fires.
- ▶ Do not microwave beverages in the classroom.
- ▶ Students should be supervised and/or assisted when handling liquid foods (e.g. soups) heated in the microwave, because of the high potential for burns.
- ▶ Students should stand at least one metre away from the microwave when it is in use to avoid crowding.

## General Microwave Safety Guidelines:

- ▶ Spills in the microwave should be cleaned up immediately to prevent fires.
- ▶ The microwave should only be used for heating edible items. Cloth (e.g. mittens) should not be heated in the microwave.
- ▶ The microwave should be turned on only when something is in it. Never turn it on when it is empty, since this may cause a fire.
- ▶ Metal products should NEVER be put in the microwave. This includes aluminum foil, cutlery, twist ties, and juice boxes.
- ▶ Paper bags should not be put in the microwave, they may cause fires.
- ▶ Oven mitts should be provided next to the microwave for safe removal of hot foods.
- ▶ Only unsealed, microwave-safe containers should be used in the microwave. Plastic containers such as margarine or yogurt tubs may melt under the heat of the microwave.
- ▶ The microwave should be kept away from wet surfaces.

- ▶ The air vents of the microwave should be kept clear to prevent fire.
- ▶ Even though there is little risk of leaked radiation in the microwave, a damaged or rusting microwave should NEVER be used.

## Healthy Lunch Ideas for the Microwave

Leftovers from home are great for reheating in the microwave for lunch. Leftovers are far cheaper than microwave dinners and they taste great too. The possibilities are endless:

- ▶ stir fried vegetables and lean pork on egg noodles
- ▶ spaghetti with tomato sauce or any combination of pasta and a low fat sauce
- ▶ soups (e.g. chicken noodle, lentil and vegetable, black bean and ham, etc.)
- ▶ stews (beef, turkey, etc.)
- ▶ chowders (e.g. clam, corn, etc.)
- ▶ chili
- ▶ burritos or soft tacos
- ▶ casseroles
- ▶ veggie and ham pizza
- ▶ roasted chicken, mashed potatoes and veggies
- ▶ rice, beans and corn

## What about Packaged Foods?

Some packaged foods are better than others. In terms of frozen dinner, there is a good variety of lower fat dinners - most of these will have a low-fat claim on the package. There are some frozen microwave dinners that are marketed directly for children. Unfortunately, these dinners tend to be high in fat and low in overall nutrient value. These higher fat microwave dinners should be avoided most of the time.

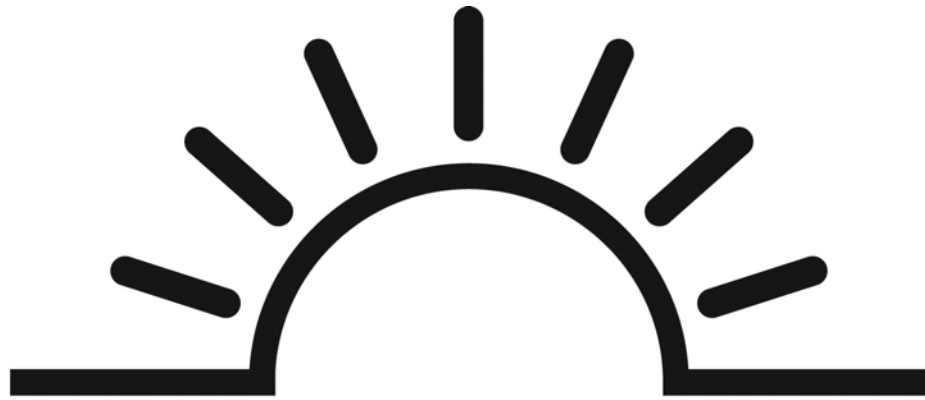
Other high-fat microwaveable foods which should also be avoided most of the time include deep fried foods (such as french fries, chicken nuggets, battered fish, etc), dried chinese instant noodle packages, and regular microwave popcorn.

Canned, broth-based soups can be a healthy choice, although they can be high in salt. Some packaged and instant macaroni and cheese dinners can be high in fat and salt and are best served once in a while (1-2 times per month).

**Adapted from: DASH! Directory of Agencies for School Health. British Columbia, 2004.**

# Classroom Microwave Rules

1. Ask your teacher before you use the microwave.
2. Read the microwave directions on your food package and follow them carefully.
3. Follow package instructions for the total amount of heating time. For safety's sake, do not turn the microwave on for more than one minute at a time.
4. Do not microwave beverages in the classroom.
5. Ask an adult to help take liquid foods (like soup or chili) out of the microwave since these get very hot and spill easily.
6. Stand at least one metre away from the microwave when it is turned on.



Voluntary Peanut  
Aware Schools



# Key Points

## Voluntary Peanut Aware Schools

- Peanut allergies are very sensitive - microscopic traces of peanut residue can trigger an allergic reaction.
- Traces of peanut products can be found in foods that one would not expect to find peanuts.
- It is very important to read food labels - look for peanut warnings and check the ingredient list carefully.
- There are a variety of nut free spreads that can be used instead of peanut butter.
- Suggestions of peanut aware lunch and snack options.

# Voluntary Peanut Aware Schools: Exploring Safe, Healthy Food Choices

## Peanut Allergies

Peanut allergies have become a major concern in schools across the country. A student with a peanut allergy can experience an anaphylactic reaction within minutes of being exposed to even trace amounts of peanuts or peanut products, depending on the severity of the allergy. Children who have peanut allergies may also have an allergic reaction from just touching or smelling a peanut product. The peanut product does not have to be eaten. Symptoms of an anaphylactic reaction can include hives, swelling, stomach cramping, nausea, diarrhea, difficulty breathing, trouble swallowing, dizziness, low blood pressure, panic, and anaphylactic shock. The best form of treatment recommended is avoidance of peanut products. As a result many schools have chosen to become “voluntary peanut aware”. In this document, you will find tips for keeping children healthy and happy in voluntary peanut aware schools.

## Can't an allergic child just avoid peanuts?

It is often assumed that an allergic child should just avoid peanuts. Unfortunately, when children can have an allergic reaction from microscopic amounts of peanut residue, the task of avoiding peanuts is more difficult than it sounds. Peanuts and peanut products are found in many unsuspected foods. For example, peanut products may be used to hold together the filling of an egg roll or to hide a burnt taste in spaghetti sauce. A list of products that may contain peanut products can be found below.

Peanuts and peanut products can leave residues everywhere that they touch - on cooking utensils, containers, counter tops, food production machinery, etc. This results in a risk of cross contamination. Cross contamination is the passing of bacteria, microorganisms, or other harmful substances indirectly from one object/person to another through improper or unsterile equipment, procedures, or products. For example, using the same knife to make a peanut butter sandwich then wiping it off to make a jam sandwich can result in a reaction in an allergic child. In a food processing plant the same machinery may be used to make a “banana nut granola bar” and then used to make an “oat and honey granola bar”. Even after the machinery is cleaned, there is still a risk that the machine contains peanut residues. This is why we see the warning on many packaged foods that they “may contain traces of peanuts”.

## What about other nuts?

Peanuts do not belong to the same family as other nuts, as peanuts are considered “legumes” or “ground nuts”. Many people who are allergic to peanuts are not allergic to tree nuts, but it is often

recommended that tree nuts and seeds be avoided due to the risk of cross contamination. Tree nuts include almonds, brazils, cashews, pecans, pine nuts, pistachios, and walnuts. Even though peanuts are a legume, people with a peanut allergy are not usually allergic to other legumes, such as soy, lentils, dried peas and beans.

## Foods to avoid

Some foods that should be avoided when a person has a peanut allergy are easy to identify. Such as:

- goober nuts or goober peas
- ground nuts
- mandalona nuts (peanuts soaked in almond flavouring)
- mixed nuts
- nut spreads - e.g. almond butter, cashew butter, hazelnut butter, sesame butter (tahini), sunflower seed butter, Mystery butter (spread made from almonds and cashews), chocolate hazelnut spread (Nutella®)
- peanut butter
- peanut sauce
- peanuts

Other foods that contain peanuts or peanut residues are not always easily identified. Below is a list of foods have been found to contain peanuts in the past. Although some brands of the foods listed here have been found to contain traces of peanuts or peanut products in the past, it should not be assumed that these foods are always contaminated. One of the best ways to determine if a product contains peanuts is to read the label carefully.

Foods that have been found to contain peanuts in the past include:

- African, Chinese, Indonesian, Mexican, Thai dishes
- Baby formula
- Bakery products
- Candies (M&M's®)
- Cereals (Frosted Flakes®)
- Chili
- Chocolate bars
- Cookies (Oreo's®, Macdonald's cookies®, Lassy Mogs®)
- Curry (powder, paste, sauce)
- Dried soup mix
- Egg rolls
- Frozen desserts
- Granola/cereal bars (Nature Valley®, Quaker Chewy®)
- Gravy
- Ice creams (ADL®, Farmer's®)
- Marinades
- Marzipan (almond paste)
- Packaged pastries (Jos Louis®, May West®)
- Pie crusts
- Prepared soups
- Sauces (e.g. satay, plum, thai)
- Spaghetti sauce
- Veggie burgers

## Label Reading

Some foods will carry a clear warning to indicate the possible presence of peanuts or peanut products. Look for statements such as:

- May contain peanuts
- May contain peanut products
- May contain peanut extracts
- May contain ground nuts
- May contain mixed nuts
- May contain peanut flour or peanut oil

Not every company will print warnings on food packages, so it is always a good idea to check the ingredient list for evidence of peanuts. The following ingredients indicate the presence of peanuts or peanut products:

- arachide
- arachis oil
- artificial nuts
- beer nuts
- goober nuts or seeds
- ground nuts
- hydrolyzed peanut protein
- hydrolyzed plant protein
- mandalona nuts
- mixed nuts
- nut-flavoured products
- Nu-Nut flavoured nuts<sup>®</sup>
- peanuts
- peanut butter
- peanut flour
- peanut meal
- peanut oil (cold-pressed, expelled, expeller pressed, pure-pressed, unrefined)
- peanut protein

It is recommended to use caution around imported foods, especially chocolate, and to avoid foods that do not have an ingredient list (such as bulk foods and bakery items). There is also the option of contacting food manufacturers to ask questions or voice a concern. Most manufacturers will have their contact information listed on the food package. If there is doubt regarding the safety of a food product, the best advice is to avoid it.

## Nut Free Alternative Spreads

Peanut butter has become a staple in Island homes. With peanut butter sandwiches a thing of the past in school lunches, many parents are looking for alternative sandwich spreads. Here are a few.

Type	Description/Use	Where Available
Peabutter	<ul style="list-style-type: none"> <li>• Made from brown peas</li> <li>• Spreads like regular peanut butter</li> <li>• Used as a spread</li> </ul>	Atlantic Superstore Sobeys Nature's Harvest
Hummus	<ul style="list-style-type: none"> <li>• Made from chickpeas, sesame tahini and spices</li> <li>• Tahini may contain traces of peanut products, but hummus can be prepared at home without tahini</li> <li>• Used as a dip with pita bread</li> <li>• Used as a spread on sandwiches</li> </ul>	Atlantic Superstore* Sobeys*  * The products available here will likely contain tahini which may contain traces of peanut products. For safety, it is best to prepare hummus at home or check ingredient list carefully.
Apple butter	<ul style="list-style-type: none"> <li>• Made from apples and spices</li> <li>• Keep refrigerated after opening</li> <li>• Can be used as a spread on bread or to top ice cream</li> </ul>	Atlantic Superstore Bulk Barn (choose bottled, not from the bucket due to possible cross contamination) Sobeys Nature's Harvest
Marmite	<ul style="list-style-type: none"> <li>• Made from yeast extract</li> <li>• Used as a spread -spread thinly as it has a strong flavour</li> </ul>	Atlantic Superstore Sobeys
Vegemite	<ul style="list-style-type: none"> <li>• Made from yeast extract and vegetables</li> <li>• Used as a spread - spread thinly as it has a strong flavour</li> </ul>	Atlantic Superstore Sobeys
Soynut butter	<ul style="list-style-type: none"> <li>• Made from roasted soybeans</li> <li>• Available in original, honey and chocolate flavours</li> <li>• Used as a spread</li> </ul>	Atlantic Superstore Sobeys Nature's Harvest

## Peanut Aware Lunch and Snack Ideas

There are plenty of peanut-aware lunch and snack options that are student approved. A well balanced lunch should contain selections from 3-4 food groups and snacks should contain selections from 2 or more food groups. Some options are healthier than others. Balanced lunch and snack ideas listed below have been grouped by “Choices to Serve Most Often” and “Choices to Serve Sometimes”. Peanut-aware lunch and snack items from the “Choices to Serve Least Often” have also been listed. **The following suggestions may be safer choices, but it’s a good idea to always check food labels for peanut products.**

<b>Peanut-Aware Choices to Serve Most Often: Serve These Daily</b>	
<b>Lunch Ideas</b>	<b>Snack Ideas</b>
<ul style="list-style-type: none"> <li>• Homemade vegetable soup with corn bread, 100% fruit juice</li> <li>• Bagel with egg and cheese, piece of fresh fruit, chocolate milk</li> <li>• Tortillas with chicken, fresh or stir-fried vegetables, cheese, milk</li> <li>• Low fat, high fiber fruit muffins with yogurt and 100% fruit juice</li> <li>• Chili with beans and low-fat crackers, milk, applesauce</li> <li>• Whole wheat spaghetti with lean beef and tomato sauce, cheese, 100% fruit juice</li> <li>• Brown rice with stir-fried vegetables and chicken, white or chocolate milk</li> <li>• Homemade milk based soup with salad and low-fat crackers, 100% fruit juice</li> <li>• Veggie dogs with fresh vegetables and cheese in whole wheat bun, milk</li> <li>• Tuna sandwich with fresh vegetables and low-fat mayonnaise on whole wheat bread, 100% fruit juice</li> <li>• Pita pocket stuffed with lean roast beef, romaine lettuce, &amp; cheese, veggies &amp; dip, banana, milk</li> </ul>	<ul style="list-style-type: none"> <li>• Rice cakes with cheese, 100% fruit juice</li> <li>• Whole wheat English muffin with fresh fruit</li> <li>• Fresh vegetables with cheese and low-fat dip or yogurt-based dip</li> <li>• Unsweetened or low-sugar cereal with cut up fresh fruit and milk</li> <li>• Cottage cheese and yogurt with low-sugar cereal or granola mix</li> <li>• Cottage cheese and fresh fruit</li> <li>• Canned fruit packed in juice or water</li> <li>• Pita bread with hummus dip</li> <li>• Plain air-popped popcorn</li> <li>• Waffles with fresh fruit and yogurt</li> <li>• Hard-boiled eggs with fresh vegetables and low-fat dip</li> <li>• Yogurt with mixed fruit</li> <li>• Whole grain bread spread with soynut butter</li> <li>• Applesauce (or applesauce blend) cup and whole wheat toast</li> <li>• Cheese strings and crackers</li> </ul>

<b>Peanut-Aware Choices to Serve Sometimes: Serve These 2-3 Times Per Week</b>	
<b>Lunch Ideas</b>	<b>Snack Ideas</b>
<ul style="list-style-type: none"> <li>• Cheese pizza with apple sauce and milk</li> <li>• Canned chicken noodle soup with corn bread, milk</li> <li>• Reduced fat hot dogs on whole wheat bun with salad and low-fat dressing, chocolate milk</li> <li>• Pancakes with fresh fruit, milk</li> <li>• Baked ham and mashed potatoes, apple sauce, milk</li> <li>• Grilled cheese sandwich with canned tomato soup, 100% fruit juice</li> <li>• Canned milk-based soup with biscuits, 100% fruit juice</li> <li>• Beef stew, biscuit, yogurt drink</li> </ul>	<ul style="list-style-type: none"> <li>• Pretzels</li> <li>• Dried fruit</li> <li>• Sweetened cereal made with oats or whole grains with milk and fresh fruit</li> <li>• Oatmeal raisin cookies</li> <li>• Banana bread with skim milk</li> <li>• Frozen fruit bars (100% fruit juice)</li> <li>• Frozen yogurt with 2% milk fat or less</li> <li>• Milk-based puddings</li> <li>• Rice Krispie squares</li> </ul>

<b>Peanut-Aware Choices to Serve Least Often: Serve These Infrequently (1-2 Times Per Month or Less)</b>	
<b>Lunch Ideas</b>	<b>Snack Ideas</b>
<ul style="list-style-type: none"> <li>• Chicken ceasar salad</li> <li>• French fries</li> <li>• Chicken nuggets</li> <li>• Poutine (french fries served with cheese and gravy)</li> <li>• Pizza with pepperoni</li> <li>• Bologna sandwich</li> <li>• Sausages</li> <li>• Cream soups</li> <li>• Regular hot dogs</li> <li>• Fried fish</li> </ul>	<ul style="list-style-type: none"> <li>• Muffins (cake-like, commercially prepared)</li> <li>• Sugary breakfast cereal with milk</li> <li>• Home-made cookies or brownies</li> <li>• Fruit leather</li> <li>• Regular ice cream</li> <li>• Sesame snaps</li> <li>• Potato chips</li> <li>• Nachos with salsa and cheese</li> <li>• Chocolate bars</li> </ul>

For more information, refer to the Information Handbook on Anaphylactic Shock (available online at [http://www.gov.pe.ca/photos/original/ed\\_anaphylactic.pdf](http://www.gov.pe.ca/photos/original/ed_anaphylactic.pdf)) issued by the Prince Edward Island Department of Education and Department of Health and Social Services. This handbook is currently under review .The Allergy/Asthma Information Association can also be contacted for more information - by phone (506-459-4475) or by email ([atlantic@aaia.ca](mailto:atlantic@aaia.ca)) or check out their website at [www.aaia.ca](http://www.aaia.ca).

## Sources:

Atlantic Superstore (2004). Peanut-Free Snack and Lunch Ideas. Charlottetown, PE.

Canadian Food Inspection Agency (2004). Labelling of Foods Causing Allergies and Sensitivities. Available at <http://www.inspection.gc.ca/english/corppaffr/foodfacts/allergense.shtml>

Eastern Ontario Health Unit (2003). Health-Full Newsletter: Peanut Butter-Less Lunches. Cornwall, ON.

The Food Allergy and Anaphylaxis Network website (2004). Available at [www.foodallergy.org](http://www.foodallergy.org)

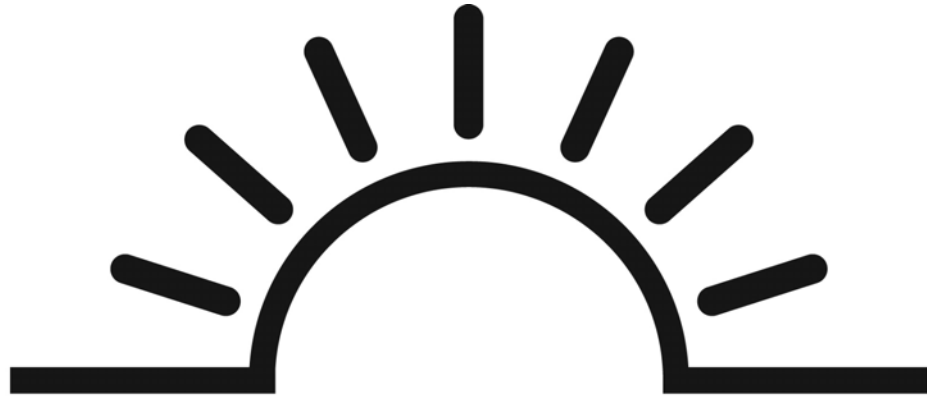
Food Hypersensitivities - Canadian Guidelines: 43-49.

Health Canada - Canadian Health Network (2004). FAQs. Available at [www.canadian-health-network.ca](http://www.canadian-health-network.ca)

Health Canada Office of Nutrition Policy and Promotion (2002). Anaphylaxis - A Handbook for School Boards. Available at [http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/anaphylaxis\\_e.html](http://www.hc-sc.gc.ca/hpfb-dgpsa/onpp-bppn/anaphylaxis_e.html)

Prince Edward Island Department of Education and Department of Health and Social Services (July 1997). Information Handbook on Anaphylactic Shock, 2<sup>nd</sup> edition.

Toronto Public Health (2003). Nutrition Matters Newsletter - Food Allergies ... What's the Scoop? and Peanut Allergy in a Nutshell. Available at [http://www.city.toronto.on.ca/health/nm\\_index.htm](http://www.city.toronto.on.ca/health/nm_index.htm).



Breakfast for  
Learning: Best  
Practices - Program  
Standards



## **KEYS TO SUCCESS - Program Standards**

*Keys to Success* are quality standards put in place for school food programs (i.e. breakfast or snack programs). *Keys to Success* help ensure that school food programs are: universally accessible, supported through parental involvement, supported by coordinators and volunteers, provide quality and nutritious food, provide a safe and positive environment, financially accountable, and evaluated annually (See following page for more details on the *Keys to Success*).

By adopting the *Keys to Success*, you can help bring consistency and ensure quality in the delivery of your food program.

The *Keys to Success* were developed by BREAKFAST FOR LEARNING, a national charitable organization dedicated to supporting child nutrition programs in Canada. Their mission is to ensure that all children attend school well-nourished and ready to learn. They are a major funder of school food programs in Canada - including PEI.

### **Join the Club: Gain the Keys to Success and Unlock Your Program's Full Potential**

Implementation of *Keys to Success* is designed so school food programs can go at their own pace. As you're ready, choose and work through each Key, then see how your program is doing with the Key's self-assessment tool.

But there's more to the *Keys to Success*! Your school food program is part of a significant national movement. To make *Keys to Success* available to all school food programs across the country and to create a foundation for exchange, BREAKFAST FOR LEARNING created the Eat Right! Be Bright! Club. It allows every school food program access to information sharing, research, nutrition education materials and the *Keys to Success*.

By working toward implementation, and ultimately completion, of the *Keys to Success*, your program will help ensure consistent delivery of quality student nutrition programs across our country — and that means helping all of our students attend school well nourished and ready to learn.

To Join the Club, go to [www.breakfastforlearning.ca](http://www.breakfastforlearning.ca) and click on Eat Right! Be Bright! Join the Club.

# Keys to Success at a Glance

## Key 1: Menu for Learning – *Food Quality*

- Nutritious food in sufficient quantities** to meet the needs of students
- Quality assurance** by registered dietitians and public health inspectors regarding the development and implementation of program standards for nutrition and food safety
- Education and environmental support** within program sites that will promote lifelong healthy eating habits in students
- Multicultural content** – to reflect the cultural diversity of the community

## Key 2: Effective Program Management – *Partnerships & Collaboration*

- Parental involvement** every step of the way – from initial planning to day-to-day functioning
- Coordinating program committee** exists, made up of volunteers, students, parents, principals

## Key 3: Who is Served – *Access & Participation*

- Universally accessible** programs allowing any student in the community to participate
- Minimum of 45 students or 20% of the school population** participating in the program
- Program operates **three to five days a week**
- Translation services** to facilitate communications with parents from diverse cultural backgrounds (if applicable)

## Key 4: Staff and Volunteers – *Inclusive & Efficient*

- Qualified coordinator who is compensated accordingly** to play the central role in organizing volunteers, managing budgets and acting as a consistent community liaison
- Resources and the necessary skills** to attract, support and train parents and staff in the following areas
  - safe food handling practices
  - menu planning
  - bookkeeping and financial management
  - first aid
  - budgeting
  - effective purchasing
- System** in place to recognize volunteers and other supporters in the community

## Key 5: Creating a Positive Environment for Students – *Safe, Nurturing & Fun*

- Safe, hygienic, welcoming and well-supervised environment** exists, with a minimum of one adult for every 15 students
- Appropriate facilities provided at no cost** to the program by the school or community center; letter of agreement signed by the principal of the school, outlining all aspects of the program and the responsibilities of each party

## Key 6: Money Matters – *Financial Accountability*

- Parental financial support**, which includes making some contribution toward the cost of the program
- Effective accounting system** in place

## Key 7: Measuring Success - *Evaluation*

- Ongoing and **yearly evaluation** of the program