GUIDANCE FOR SCHOOL SNACK PROGRAMS DURING THE COVID-19 PANDEMIC

This information will help you choose and serve food safely during the pandemic. For additional guidance, refer to the Government of Alberta school re-entry guidelines at alberta.ca/returntoschool.

Talk to your local public health inspector to find out what food safety requirements or permits may be required for your program. Find their contact information at ahs.ca/eph.

Offer foods* from 1 or 2 groups for a healthy snack

Vegetables and Fruits
- whole fruit
- vegetables
- unsweetened applesauce or fruit cup in juice or water

Whole Grains
- breads, bagel or pita
- crackers
- granola bar

Protein Foods
- milk or fortified soy beverage
- yogurt
- nuts, seeds, nut butter, or nut-free butter
- cheese

Examples:
- Whole fruit
- Banana and cheese string
- Nut butter and crackers
- Yogurt and granola bar

See Snacks for Children for more ideas

When possible, use individually pre-packaged food to minimize food handling. Foods that are in bulk or larger packages need to be portioned in an area that follow COVID-19 and food safety measures.

*see Alberta Nutrition Guideline for Children and Youth for nutrition criteria.
# Guidance on How to Serve Food Safely During the COVID-19 Pandemic

## Staff Hygiene
- Wash hands with soap and warm water frequently. This includes before and after disinfecting surfaces or handling food.
- Disinfect all high touch surfaces (e.g. fridge and cupboard handles, and taps) regularly with approved disinfectant.
- Avoid touching your face and personal items during food preparation, disinfection of surfaces, and dishwashing.

## Staff & Volunteers
- Staff and volunteers must self-screen daily for symptoms prior to entering a school.
- In the food preparation area:
  - Limit to essential staff and volunteers while food is being prepared.
  - Ensure everyone maintains 2 meters distance from all others, at all times.
  - Check and follow current mask requirements.

## Serving Food
- Designate a food handler to serve food items to seated students in order to limit congregation of students and line-ups.
- If line-ups are needed, provide floor markings to encourage 2 meters physical distancing.
- Use appropriate serving utensils to serve food items (e.g. use tongs to serve whole fruit).

For self-service or 'grab and go' Items:
- Food and drinks need to be individually portioned on plates, cups, or in bags.
- Space food and drink items apart to reduce students touching multiple items.
- Provide floor marking in line-ups to encourage 2 meters physical distancing.
- Designate a food handler to assist younger students with opening packages if needed.

## Spaces for Eating
- Ensure students wash or sanitize their hands before and after eating.
- Regularly sanitize tables and chairs.
- Spread out tables and chairs. Encourage students to eat with their cohort, while physically distancing.

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