GUIDANCE FOR SCHOOL BREAKFAST 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.

Include 1 food* from each group

**contact public health inspector for guidance on how to safely serve and store

*refer to Alberta Nutrition Guideline for Children and Youth for nutrient criteria to help you choose foods

Examples:

- Banana, bread with soy butter, and yogurt
- Apple, bun with cheese, and turkey slice
- Oatmeal with raisins, sunflower seeds, and milk
- See Wake up to breakfast for more ideas

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Vegetables and Fruits

+ Vegetable and Fruit
  (Fresh, frozen, dried, or canned with no added sugar)

Whole Grains

+ Breads, buns, bagel
+ Cereal or oatmeal
+ Granola bar

Protein Foods

(Milk & Alternatives)

+ Milk or fortified soy beverage
+ Yogurt
+ Cheese

Protein Foods

(Meats & Alternatives)

+ Eggs**
+ Nuts, seeds, nut butter or nut-free butter (e.g sunflower seed or soy butter)
+ Pre-cooked meat**
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 each other, at all times.
  - Check and follow current mask requirements.

Serving Food

- When possible, use individually pre-packaged food to reduce food handling. Portion foods in bulk or large packages in areas following COVID-19 and food safety measures.
- Designate a food handler to serve food items to seated students in order to limit crowding 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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