

# Student Nutrition Program

## *grab n' go edition*

### Preparing Coolers and Bins/Trays

- Use an inspected kitchen in the school
- Wear a face covering
- Wash hands often
- Prepare and portion foods into individual bags or containers
- Wash whole fruit
- Gather pre-packaged items
- Place perishable foods in coolers with ice packs and non-perishable foods in bins/trays
- Send coolers and bins/trays to classrooms
- Ask that coolers be returned to kitchen within 2 hours

#### Coolers

- Milk cartons
- Hard-boiled eggs
- Yogurt containers or tubes
- Cheese cubes or strings
- Cut up vegetables and fruit
- Hummus/Guacamole



#### Bins/Trays

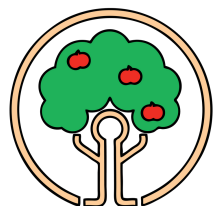
- Whole fruit
- Applesauce cups
- Whole grain crackers, bagels, pita, rice cakes
- Dry cereal
- Plain cereal bars



Renfrew County and District Health Unit

"Optimal Health for All in Renfrew County and District"

Visit us at [www.rcdhu.com](http://www.rcdhu.com)



# Student Nutrition Program

## *grab n' go edition*

### Cleaning Up

- Place remaining items in fridge and dry storage area
  - Perishable items that return to the kitchen within 2 hours should be marked and refrigerated
  - Marked items must be used the next day. If these items are not used the next day they must be discarded
- Clean and sanitize inside and outside of coolers and bins

### Options for Cleaning and Sanitizing

- A) Use commercial dishwasher; OR
- B) Manually wash, rinse and sanitize (e.g., quaternary ammonium at 200 ppm); OR
- C) Clean with a cloth and hot soapy water, wipe down with a clean cloth and hot water, spray with sanitizer at double regular concentration (e.g., quaternary ammonium at 400 ppm), and leave to air dry

Cleaning with **soap or detergent** and water removes germs and dirt from surfaces and objects. **Sanitizing** lowers the number of germs on surfaces or objects to a safe level.

Adapted with permission of the North Bay Parry Sound District Health Unit. Supported by Student Nutrition Program – Nipissing, Muskoka, Parry Sound. Further reproduction prohibited without permission. October 2020.

