



Sioux Lookout
First Nations
Health Authority

CORONAVIRUS
COVID-19

PUBLIC HEALTH GUIDANCE

Meal and Snack Programs

September 1, 2020

Due to COVID-19, changes are needed to any food services that are offered in schools or childcare facilities. This includes hot lunches and school nutrition programs.

Nutritional programming is a key support to students and families. Continue providing healthy food choices for students or children who want to participate. Make them available with appropriate safety measures in place.

For more suggestions on menu planning, please email Kelly.mcintosh@slfnha.com. Kelly is one of ACW's Registered Dietitians.



Infection prevention and control considerations

- Follow COVID-19 prevention protocols when preparing meals and snacks. This includes masking, physical distancing, and hand hygiene. It may also include other protocols from your COVID team and band council.
- Proper handwashing should be performed before preparing meals and snacks.
- Students must wash their hands with soap and water or use hand sanitizer before getting food and eating.
- Students should come up one at a time to the bin.
- Students should be instructed to take their item without touching other items in the bin.
- All surfaces, bins, and containers for food must be cleaned and sanitized before and after each use.
- Limit the number of staff in kitchens and maintain physical distance during food preparation.



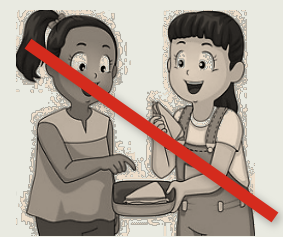
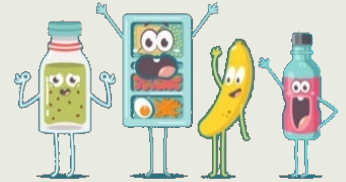
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General advice to follow

- All food items must be pre-packaged or portioned into individual servings. Do not serve loose food items, like pre-cut vegetables that are not wrapped or in packaging.
- Use a “Grab and Go” delivery method for ease of delivery and access.
- Delivery food by classroom instead of in a bigger area.
- Pre-bag individual servings for snacks or meals or serve in bins to provide students with choice.
- Staff and students perform proper hand hygiene before and after eating.
- Stagger lunch times to allow students to wash hands before eating, without creating congestion in washrooms or handwashing stations.
- If possible, have students eat in classrooms or outside instead of cafeterias.
- Have a “no food sharing” policy.
- There should be no food sharing of common items like a bowl of popcorn or condiments like salt and pepper.
- Remove microwaves from student areas.
- Students should bring their own labeled drink bottle, kept with them during the day and not shared.
- Use individual bottled water and have student label them and keep them at their desk
- Follow the guidance of your COVID team and Chief and Council about decisions with respect to serving food at the school or childcare centre. Different communities will have different approaches and rules.





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Food suggestions

Food Grouping	Grab and Go Ideas – Healthy Suggestions for Program Snacks
<p>Whole Grains</p> 	<ul style="list-style-type: none">• Pre-packaged whole grain crackers• Pre-packaged whole grain pita chips• Individual containers of cereal• Individually wrapped small whole-grain muffins• Low-sugar granola bars• Pre-packaged rice crackers• Individual bags of unflavoured, unsalted popcorn
<p>Proteins</p> 	<ul style="list-style-type: none">• Individual cheese servings (e.g. Cheese strings)• Low sugar yogurt cups or tubes• Individual containers of fortified soya milk and cow's milk• Packaged pre-boiled eggs• Low sodium canned fish (light tuna, salmon)• Individual containers of hummus• Individual bags of roasted unsalted soya nuts or other legumes
<p>Vegetables and Fruit</p> 	<ul style="list-style-type: none">• Precut and pre-packaged fruits and vegetables• Fruit with a "natural" packaging (i.e. banana)• Canned fruit packed in water or juice• No sugar-added applesauce