

Food safety and nutrition for school events

The Surrey School District, Fraser Health Authority and Ministry of Education share with parents and students the goal of ensuring all foods served at school food events are **safe** and **healthy**, while balancing the need to keep such events simple and fun to organize and participate in.

FOOD SAFETY

As of May 2008, **Temporary Health Permits** are no longer required for school food functions that are not open to the general public, such as PAC potlucks. This means if the food event is intended only for the school community (students and immediate family and staff), a permit is not needed.

Food safety remains a priority for all school events and good food safety practices must still be followed.

Someone who has successfully completed a FoodSafe course must be in charge of the food service for the event, and FoodSafe practices must be followed. Helpful, easy-to-follow information about how to safely keep and serve food is in the district's "Fun Food Resource" guide available through your school or visit www.surreyschools.ca/departments/FSRV.

For school events where food is offered, such as sport tournaments, receptions or theatrical productions where the general public will attend, a Temporary Health Permit must be obtained from Fraser Health Authority. Information about obtaining the permit is also available in the Fun Food Resource.

HEALTHY FOOD

Ministry of Education "Guidelines for Food and Beverage Sales in B.C. Schools" apply to every school-sponsored event where food or beverages are **sold**, including hot lunch, fairs, sports day concessions and fundraisers.

These guidelines provide ratings for foods of: "Choose Most", "Choose Sometimes", "Choose Least" and "Not Recommended", based on nutritional value and other factors. Only "Choose Most" and "Choose Sometimes" foods can be sold. The Dieticians of Canada website www.brandnamefoodlist.ca is a great resource for planning a food sales menu that meets government guidelines. The Fun Food Resource also has information to help plan a school food sales event.

Safe and healthy food choices are important for **all** school food sharing activities. Send foods that do not require refrigeration (non-perishable foods) and are low in added fat, sugar and salt. Some examples of safer food items include:

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| <ul style="list-style-type: none"> • baked potato chips, pita chips or tortilla chips • crackers, breads, rolls (margarine and butter are okay) • crispy rice squares • dried fruit, 100% fruit leather • fresh fruit or vegetables that are uncut; grapes, apples, melon, carrots, onions, cucumbers, etc. (the food can be cut/prepared at school and kept refrigerated until served) • granola bars • skim, 2% and chocolate milk in tetra boxes • individually packaged fruit cups packed in juice or water | <ul style="list-style-type: none"> • individually packaged pudding cups • muffins, plain cookies or squares (low sugar) • popcorn • processed cheese slices (keep refrigerated until served) • unopened, commercial salad dressing (for dips) that do not require refrigeration prior to opening • 100% fruit juice in tetra boxes |
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