

Revised to reflect  
the 2007  
Guidelines for  
Food & Beverage  
Sales in BC

# **The Fun Food Resource for Elementary Schools**

**A Guide to Offering Better Nutrition at School**

**and**

**For Organizing A Fun Food Event**

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**Introduction**     March 2008

Dear Parent Advisory Committee Representative;

Health experts, parents and educators are increasingly concerned about the number of overweight

learn and practice healthy eating and active living. This resource is intended to provide guidance for planning, choosing and preparing healthier, fun and safe food for everyone.

The district would like to acknowledge Julie Stephenson and the Parent Advisory Councils in the Surrey School District for their leadership and assistance in the preparation of this resource.

## **Nutrition and Children**

### **Growing Concerns:**

The healthy eating and physical activity choices that children and their families make everyday have potentially life-long consequences. Good nutrition and active living are essential for optimal growth and development.

Since 1981, the number of overweight and obese Canadians – both children and adults – has

## Basic Recommendations: Canada's Food Guide to Healthy Eating

This important tool provides Canadians with the essential information they need to eat a healthy diet. Each of the four food groups of Canada's Food Guide makes an important contribution of vitamins, minerals, protein and energy and recommends the number of servings (and portion sizes) from each food group for each day.

The amount of food each individual requires every day from the four food groups and other foods

depends on age, body size, activity level, gender and whether the individual is pregnant or lactating.

## Moving Forward

Improving nutrition for children means offering and encouraging trial of foods from each of the four food groups—selecting foods prepared with less fat, salt, and added sugar.

consideration of appropriate portion sizes.

## Guidelines for Food and Beverage Sales in BC Schools

- *Not Recommended*
- *Choose Least*
- *Choose Sometimes*
- *Choose Most*

Using these guidelines, the foods and beverages sold at schools must consist of at least 50%



## Sample Menus

1. Plan the menu to offer at least 50% *Choose Most* foods and up to 50% *Choose Sometimes* foods.
2. The sample menus that follow do not consider food allergies or other restrictions that you may have to deal with at your school. Please check the Food Safety section for food allergy information.



Mini-carrots (*Choose Most*) with low fat Ranch Dressing  
Portion 2% Milk (*Choose Most*)  
Chocolate Milk (*Choose Sometimes*)  
Carton Crisp Apple Slices (*Choose Most*)

**Wrap Day:**

Whole wheat tortilla with Chicken, lettuce and other vegetables (*Choose Most*)

Small Zero Trans Fat Oatmeal Raisin cookie (*Choose Sometimes*)

**Sports Day:**

Pizza Pretzel (*Choose Sometimes*) with Cheese String (*Choose Most*)  
Real Fruit Smoothie (*Choose Sometimes*)  
Frozen 100% Fruit Bar (*Choose Sometimes*) or Watermelon Slice (*Choose Most*)



**FOOD SAFETY**

1234

For the health of every participant, safe preparation and service of all foods is of vital importance.

By law in the province of British Columbia, a Health Permit is required for events where potentially hazardous foods are offered to the public. Fraser Health has advised that a temporary health permit will **not** be required if an elementary school PAC group either:

- Volunteers must ensure that all perishable foods are served within 2 hours from the time of preparation unless a longer time is specified in the recipe.

temperatures either below 4 degrees C (40 degrees F) or above 60 degrees C (140 degrees F).

- Ensure that there is adequate hand washing facilities close by.

All basic food safety principles that follow must be in place at every event.

If a dishwasher is not available, a four step method (Wash/Rinse /Sanitize/Air dry) should be followed. Wash items like serving utensils, cutting boards, mixing bowls in hot soapy water, rinse off the soap, sanitize in a bleach solution and let air dry.

### SEPARATE

Prevent cross-contamination by:

- Using separate plates for raw foods.
- Using clean knives to cut raw food.

- Avoid direct bare hand contact with food as much as possible.
- Wear clean food-grade gloves if you have a cut on your hand.

### HANDWASHING TIPS

- Wash hands often. Wet your hands with warm water, add soap



person's own antibodies to rush into action to attack the foreign substance. This

swelling and irritation in certain parts of the body.

Every allergic reaction can be serious; peanut, tree nut and shellfish allergies are among the most life-threatening as they often affect breathing. The symptoms may become more severe each time an allergic child is exposed to that particular food product.

Foods that "may contain" a known allergen, such as peanuts or eggs, for example, must be

yogurt tube) as an alternative dessert.”

- Include a PAC contact name and number for parents with questions about food and food allergies to call on the Order Form.
- Provide a space on each order form for parent’s signature to be sure that they have reviewed the order for their child’s safety and are giving their permission for the event.

Placing the Order:

- Provide your completed order in writing to the food provider, including a statement about

- Insist that the supplier contact you at least one day in advance, for your approval, if any items need to be substituted.

Distribution to Students:

- Check your order carefully as soon as you receive it. Ensure that the products ordered have been received and clearly labeled and packaged separately (allergy free).

# FUN FOOD EVENT CHECKLIST

→ Set up a committee & determine scope of event

How many people will participate?

→ Is this a fundraiser or a fun day? Or both?

→ How many volunteers will be required and are available?

→ Confirm the date and nature of event with Principal

Plan a menu, considering the event, the number of volunteers available, etc.

If using a restaurant/caterer, confirm that they have a Permit to Operate a Food Premises that allows them to transport food off site, and will be responsible for obtaining all necessary permits.

→ Distribute notice/advertisement of the event.

## The Day of Event

→ Post health permit if required

Check to see there is adequate supply of paper towels and soap

→ Instruct all food handlers to wash their hands

→ Ensure all equipment to be used is cleaned and sanitized prior to use.

→ check refrigeration temperature (air temperature below 4 C / 40 F)

→ Check and record food temperatures:

- As soon as the food is received
- During cooking (unless prepared for you by a restaurant/caterer who will be responsible for this step).

## Essential Food Temperatures

To maintain food safety,

→ Hot food must be greater than 165° F (74° C) at final cooking step.

Hot food must be held at 140° F (60° C)



APPLICATION FOR A HOT DOG DAY  
Sample – Burnaby School District – 41

May 2008

APPLICATION FOR APPROVAL OF FUNDRAISING EVENTS

✓ To supply potable water.

Municipal water supply

✓ To contain wastewater

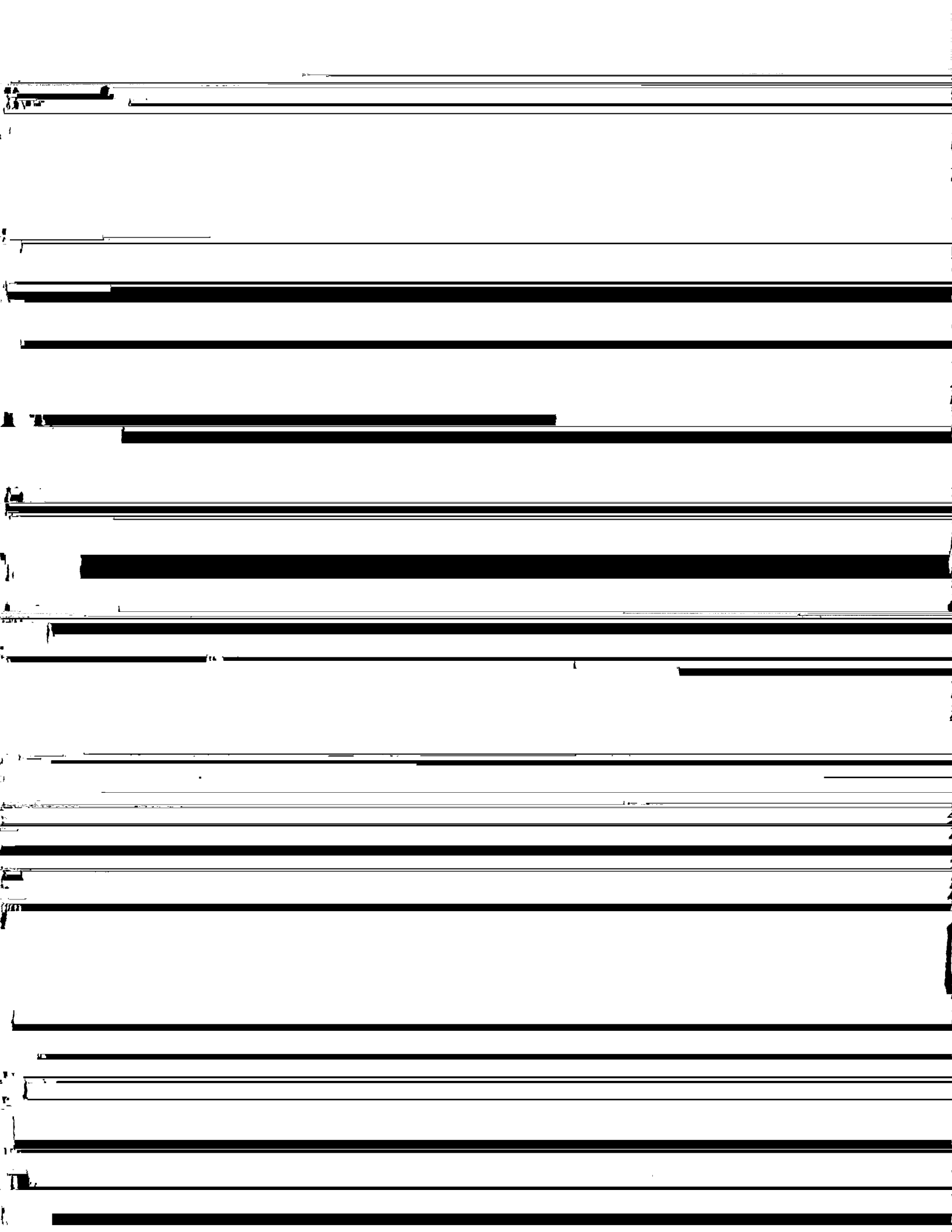
Municipal sewage connection

✓ For flooring.

Linoleum

✓ To protect work surfaces (test

All preparation to be done in the school kitchen (indoor)



Please ensure that you have completed the required sections in as much detail as possible.

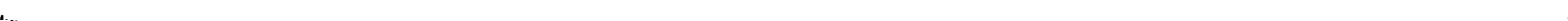
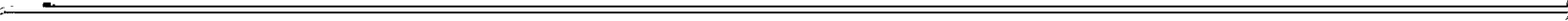
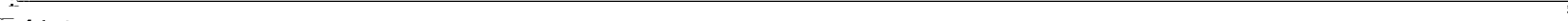
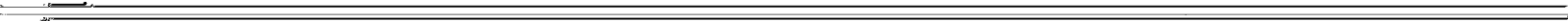
information could delay processing of your application.

THE INFORMATION I HAVE PROVIDED IS COMPLETE AND ACCURATE TO THE BEST OF MY KNOWLEDGE. I

FURTHER AGREE TO COMPLY WITH THE PROVISIONS OF THE FOOD SAFETY AND INSPECTION SERVICE

**APPLICATION FOR APPROVAL OF TEMPORARY FOOD PREMISES**

Quincy School District - 44



To contain garbage.

To protect work surfaces.

4. For each prepared menu item indicate where the food was obtained (source). If the food was obtained from a source other than the kitchen, indicate the source and the date of purchase. If the food was obtained from the kitchen, indicate the category (affair/no cooking/cooking) and the date of preparation. If the food was obtained from a source other than the kitchen, indicate the source and the date of purchase. If the food was obtained from the kitchen, indicate the category (affair/no cooking/cooking) and the date of preparation.

after being obtained, please indicate which category (affair/no cooking/cooking) applies from the Chart in Item 5.

CCP indicates that this is a Critical Control Point and special care must be taken to ensure that temperature limits

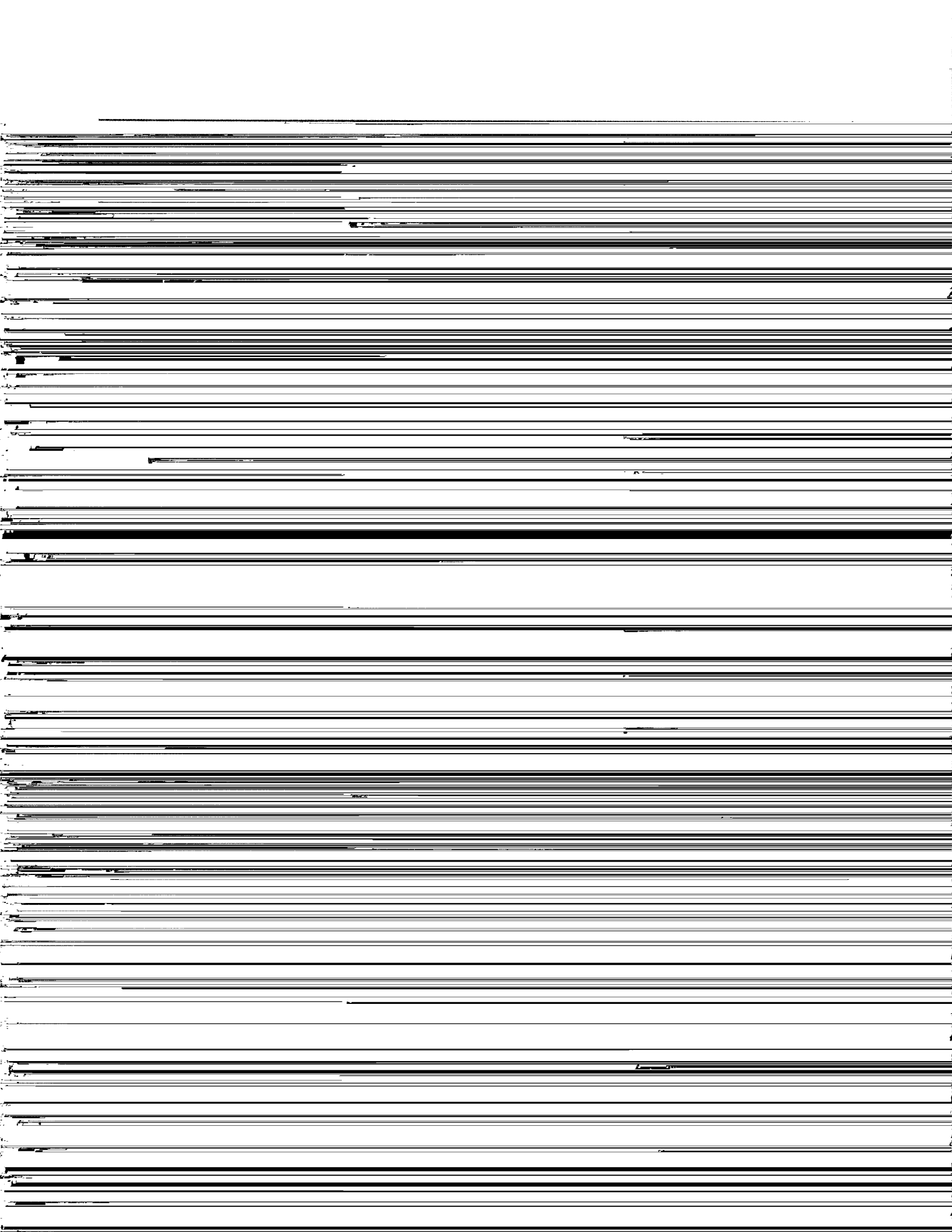
DATE

THIS APPLICATION FORM IS DUE AT LEAST 14 DAYS PRIOR TO THE EVENT

RETURN THIS APPLICATION TO:

*For Office Use Only*





# THE HISTORY OF THE

The history of the world is a vast and complex subject, encompassing the lives and actions of countless individuals across different cultures and time periods. From ancient civilizations to modern nations, the human experience is a tapestry of diverse stories and events. The study of history allows us to understand the forces that have shaped our world, from the rise and fall of empires to the struggles for freedom and justice. It provides a context for the present and offers insights into the future. The history of the world is not just a collection of facts, but a living and breathing narrative that continues to unfold.

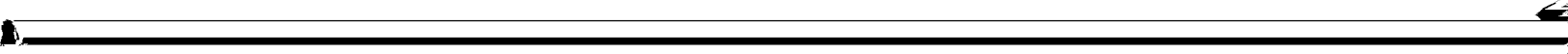
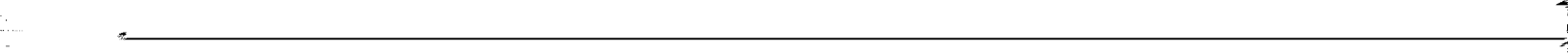
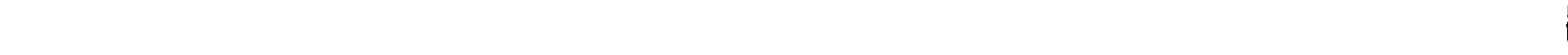
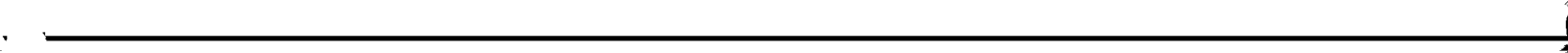
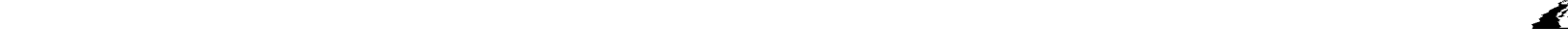
In the beginning, the world was a vast, uncharted expanse. Early humans, driven by the need for survival, sought to understand their environment and the people around them. They developed languages, created art, and built communities. Over time, these small groups grew into larger societies, each with its own unique customs and traditions. The discovery of agriculture and the domestication of animals marked a turning point in human history, leading to the development of settled civilizations.

The ancient world was a time of great achievement and discovery. The Egyptians, Greeks, and Romans made significant contributions to art, science, and philosophy. Their legacies are still visible in the ruins of their cities and the works of their scholars. The fall of these great empires was followed by a period of relative darkness, but the seeds of the future were planted. The Middle Ages saw the rise of new powers and the spread of Christianity, which shaped the cultural and religious landscape of Europe.

The Renaissance and the Enlightenment were periods of intellectual and artistic rebirth. They challenged traditional beliefs and paved the way for modern thought. The scientific revolution brought about a new understanding of the natural world, leading to technological advances that transformed society. The Industrial Revolution of the 18th and 19th centuries revolutionized production and transportation, but it also brought about social and environmental challenges.

The 20th century was a time of unprecedented change and conflict. The world wars, the Cold War, and the rise of new superpowers shaped the modern world. The civil rights movement, the space age, and the digital revolution are all part of the recent history that has defined our lives. Today, we face new challenges, such as climate change, global terrorism, and the rapid pace of technological change. The history of the world is a continuous story, and we are all part of it.

**What is One Food Guide Serving?**  
*Look at the examples below.*



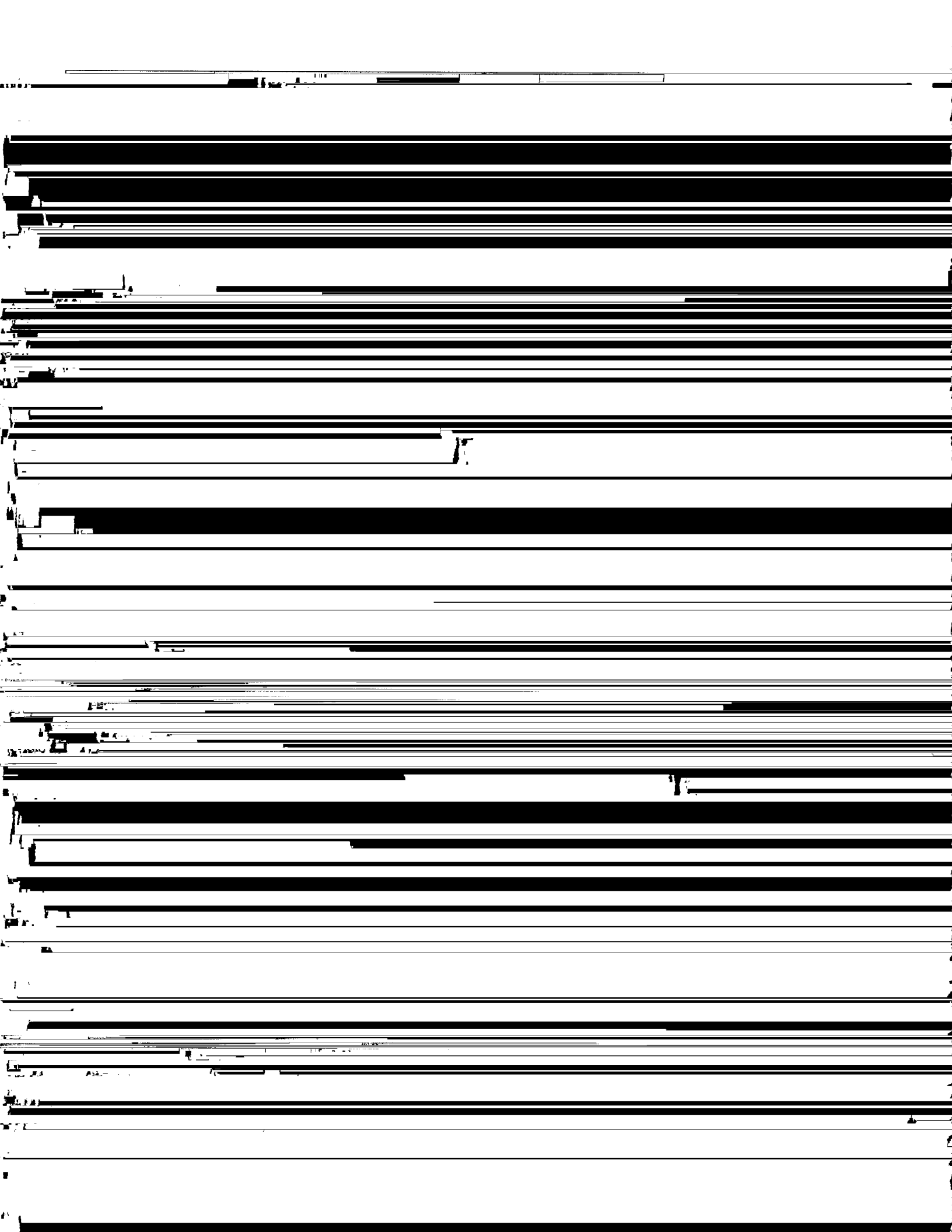
**Make each Food Guide Serving count...**

wherever you are - at home - at school - at work - or when eating out!

*Advice for different ages and stages*

The benefits of eating well and being active include:

Take action today



Kellogg's

Munch'ems bite  
size granola  
snacks

Honey Nut

20 g

Crains

1

Choose  
Sometimes



Western Classics

Cereal Bars

Raspberry

37.5 g

Grains

1

Choose  
Sometimes

Yogurt

and Tossed

Pizza Hut	1/12 of 14" Large Thin N Crusty Pizza	Veggie Lover's	87 g	Mixed Entrée	1	Choose Sometimes
Schneiders	Lean Stuff	Chicken	100	Mixed Entrée	1	Choose Sometimes

Nile Spice	Soup Mix (soup cup)	Minestrone, 1 cup	45 g	Soups	1	Choose Sometimes
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Subway	Salad	Veggie DeliteSalad (no dressing or croutons)	314 g	Veg/Fruit Food	1	Choose Most
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