



Food Safety Recommendations For School Kitchens

The Farm to School Salad Bar initiative aims to improve the health of school children by increasing access to locally grown, nutritious, safe, and culturally appropriate foods in schools.

"The idea is refreshingly simple. If we want children to eat more fruits and vegetables, we need to make access to such foods easier. In this program schools partner with local farmers who produce foods for the school's salad bar. Teachers, farmers, students – everyone benefits from growing, harvesting, preparing and consuming local farm fresh foods."

- Joanne Bays, Project Manager, Farm to School Salad Bar

Providing a safe environment for food preparation

Farm to School Salad Bar coordinators are encouraged to consult with the local Health Protection office of your regional Health Authority for guidance. The following steps outline the recommended process for developing the food preparation area:

1/ Make a plan for the construction / renovation of the kitchen

A good resource to review is "Food Protection – Vital to Your Business"

(www.bccdc.ca/NR/rdonlyres/29845061-1E80-4768-B278-A245E70368BE/0/FoodProtectionVitaltoBusiness_Mar2010.pdf).

Although geared toward commercial food premises like restaurants, this resource provides recommendations and examples that will help you to understand what sort of physical layout and equipment is best suited to this scale of food preparation.

2/ Develop a food safety plan.

A Food Safety Plan is a written procedure that will guide the food handlers in their preparation and service of higher risk foods. Higher risk foods generally





have multiple preparation steps in their recipe involving processing, cooking, cooling, and storage and may include meat, egg, or dairy ingredients. Examples of higher risk foods on a Farm to School menu may include: soup, chilli, and quiche.

For each of these menu items the Food Safety Plan will:

- identify critical control points,
- describe critical limits for those control points
- list monitoring steps for each of the control points
- identify corrective actions if the monitoring shows the critical limit was not achieved

A resource to guide you in developing the Food Safety Plan is "Ensuring Food Safety – Writing Your Own Food Safety Plan – the HACCP Way"
http://www.bccdc.ca/NR/rdonlyres/29845061-1E80-4768-B278-A245E70368BE/0/FoodProtectionVitaltoBusiness_Mar2010.pdf

3/ Develop a sanitation plan.

A sanitation plan is a written guide for the food handlers on cleaning and maintenance of the facility. It should to include:

- the cleaning and sanitizing requirements for the equipment used in the facility, as well as for the facility itself,
- a list of the cleaning and sanitizing agents to be used, what they will be used for and their concentrations for the different tasks,
- identification of any pesticides used in the facility, along with their specific uses and their storage requirements.

4/ Provide opportunities for food safety training

It is important for food handlers to have a good understanding of how to prevent foodborne illness from occurring. A highly recommended training course is FOODSAFE Level I (www.foodsafe.ca).

A more basic introductory on-line course is "Caring About Food Safety", which is freely accessible at
<http://www.health.gov.bc.ca/protect/food-safetymodule/files/home.htm>





For more info...

The Health Protection office nearest you can also provide advice on food safety and training. Health Protection offices can be contacted by calling the Health Unit office listed by location in the "Health Authority" section of the Blue Pages of your phone book or on the web (See Additional Resources section below).

Additional Resources

BC Centre for Disease Control, Food and your Health:

www.bccdc.ca/foodhealth/default.htm

BC Ministry of Health Services – Food Safety Courses:

www.health.gov.bc.ca/protect/food-safety-courses.html

FOODSAFE Program: www.foodsafe.ca

EatSmartBC: www.eatsmartbc.ca

BC Health Files –

Index of Listings

www.bchealthguide.org/healthfiles/httoc.stm

Campylobacter Infection

<http://www.bchealthguide.org/healthfiles/pdf/hfile58.pdf>

E. coli – Hamburger Disease

<http://www.bchealthguide.org/healthfiles/pdf/hfile02.pdf>

E. coli – Unpasteurized Fruit Juices

<http://www.bchealthguide.org/healthfiles/pdf/hfile72.pdf>

Foods to Avoid for People at Risk

<http://www.bchealthguide.org/healthfiles/pdf/hfile76.pdf>

Food Safety – 10 Easy Steps

<http://www.bchealthguide.org/healthfiles/pdf/hfile59a.pdf>

Food Safety for Fresh Fruits and Vegetables

<http://www.bchealthguide.org/healthfiles/pdf/hfile59b.pdf>





Food Safety – Instructions on Food Labels

<http://www.bchealthguide.org/healthfiles/pdf/hfile59c.pdf>

Salmonellosis <http://www.bchealthguide.org/healthfiles/pdf/hfile17.pdf>

Fraser Health

www.fraserhealth.ca

Email: feedback@fraserhealth.ca

Interior Health

www.interiorhealth.ca

Email: feedback@interiorhealth.ca

Northern Health

<http://northernhealth.ca>

Email: <http://www.northernhealth.ca/FindUs/ContactUs.aspx>

Vancouver Coastal Health www.vch.ca

Email: feedback@vch.ca

Vancouver Island Health www.viha.ca

Email: info@viha.ca

Public Health Agency of Canada, Food Safety:

www.phac-aspc.gc.ca/fs-sa/index-eng.php

Canadian Food Inspection Agency:

www.inspection.gc.ca/english/fssa/fssae.shtml

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