



# COVID Procedures

THE COALITION  
FOR HEALTHY SCHOOL FOOD






The Coalition for Healthy School Food is a group of over 140 organizations from across Canada advocating for a national school food program. We are thousands of passionate advocates, including community-based school food program practitioners, indigenous leaders, as well as staff and volunteers associated with national health, education and philanthropic organizations. We seek an investment by the federal government in a cost-shared Universal Healthy School Food Program that will enable all students in Canada to have access to healthy meals at school every day. Building on existing programs across the country, all schools will eventually serve a healthy meal or snack at little or no cost to students.

Join the Crunch on **Thursday March 11, 2021 @ 2:30 pm ET**, or anytime in the month of March and, depending on your local public health guidelines and the comfort of the participants, you may choose to hold your Crunch in person or remotely, individually or in a group.

The Great Big Crunch is an initiative originally from FoodShare Toronto. Since 1985, FoodShare Toronto has been working alongside communities for equitable access to good food and is now Canada's largest food security and food justice organization.

This guide on COVID procedures was created by Qi Liu (Annie), HBSc, BASc, MPH candidate (22'), as part of dietetic placement work. This guide was reviewed and approved by Debbie Field, Coalition Coordinator. It is a companion piece to the 2021 Great Big Crunch Activities Toolkit.



Despite the challenges that the pandemic presents, you can safely participate in the Great Big Crunch by ensuring that proper preventative strategies are taken.

Questions? Get in touch at [schoolfood@foodsecurecanada.org](mailto:schoolfood@foodsecurecanada.org)

# Preparations for a safe crunch

## General preparations

- ✓ Arrange cohorts between staff and volunteers, pairing the same children with the same adults
- 🍏 Train all individuals involved on proper COVID precautions (see next page) ahead of the event
- 🍏 Order apples (or other crunchy fruits or vegetables) from local suppliers

## If you're planning a REMOTE CRUNCH:

- 🍏 Distribute fresh apples to participants' homes, along with homework packages or provide vouchers for participants to purchase their own
  - This can use the existing distribution routes for the delivery of school or community food programs (e.g., Good Food Box deliveries)
- 🍏 Alternatively, suppliers can deliver to the school, and families could pick up the apples there
- 🍏 Familiarize yourself with Zoom or other meeting software to host your crunch
  - Practice taking a computer screenshot or using built-in Zoom features to record a short video of the Crunch



## If you're planning an IN-PERSON CRUNCH:








- 🍏 Select a space, indoors or outdoors, and booking it if necessary, that allows for proper 2 m social distancing
  - Indoors: classroom, gymnasium, cafeteria, church, auditorium, community centre skating rink, etc.
  - Outdoors: park, school athletic field, rooftop, parking lot, etc.



- 🍏 If your entire school is participating, stagger activities so that not everyone gathers at once
- 🍏 Ensure that hygiene products are readily accessible (hand-washing stations, washrooms, hand sanitizers)
- 🍏 Plan seats ahead of time and add markers on the floor or ground to help direct traffic flow
- 🍏 If no loose food items are allowed, have staff or volunteers wash the apples before the event, and wrap them in recyclable or compostable packaging like food grade paper
- 🍏 Prompt caregivers to pack a reusable container to put apple in, or provide containers to participants









# Precautions for activities & crunching

-  If planning an arts and crafts activity, stick to activities with easy-to-find materials and have students bring and use their own
  - Consider having the educator use a paper pad or the blackboard to do mapping type activities, with students writing in personal notebooks, rather than students using various supplies to create their own
  
-  Limit cutting apples to demonstrative purposes by one staff or volunteer (e.g., teach fractions)
  
-  Separate the educational and tasting segments; for example, do not alternate between writing in notebook and biting into apple
  
-  Ensure proper hand hygiene when switching between educational and tasting segments per food safety and COVID preventative measures.  
For example:
  - Participants wash hands before and after eating
  - Staff/volunteers use gloves when washing and handing out apples
  
-  Hand out apples to students in a socially distant line with a designated staff member/volunteer, rather than students all gathering to grab from one area
  
-  If there is tasting involved, consider limiting to 1 apple variety to decrease food handling time and potential food waste
  - Discuss other varieties by having students who are familiar share their insights, or using pictures and text descriptions
  - If tasting multiple varieties, be sure to separate tasting from other activities and to follow proper hand hygiene
  
-  If unfinished, participants take their apples with them (not repurposed, redistributed, or shared)

# Safely involving volunteers

Depending on your local guidelines and restrictions, volunteers can help plan and run the event in some or all of the following ways, by:

-  Promoting the event to families and community members
-  Contacting suppliers to order apples (or other crunchy fruit and vegetables)
-  Washing apples for in-person Crunches on-site, or in other inspected kitchens in the community
-  Distributing foods or vouchers for at-home Crunches
-  Providing tech support on Zoom for an online crunch
-  Helping to share photos and videos on social media

Volunteers, when properly trained, can ease the stress of healthy food provision during the pandemic.













# General public health guidelines

The following information can be used when planning and implementing a food-related activity. Not all recommendations may apply to your school or division. Adapting to meet new guidelines and recommendations will be an ongoing process. Take steps to ensure your processes are based on the most up-to-date and reliable information.

## Risk mitigation measures for safe food-related operations in child or youth settings include:

-  Prohibiting individuals with symptoms of/or have had exposure (14 days prior) to COVID-19 from entering the school, including children, youth, staff, and volunteers
-  Teaching children and youth how to identify symptoms, and to speak to staff and family immediately if experiencing symptoms
-  Keeping all children or youth, staff, volunteers and families up-to-date about public health advice, including various preventative practices (mask/facial covering, frequent hand hygiene, avoid touching face, 2 m social distancing)
  - Masks or facial coverings should not be worn by individuals unable to remove the mask without assistance, for example due to age, ability or developmental status
  - Non-medical cloth masks are recommended for children >10 years old, but staff, volunteers and caregivers should assess the ability of each child or youth to use and care for their facial covering

-  Posting proper signage to communicate public health measures to follow during events and gatherings
-  Ensuring good ventilation if indoors, and opening windows if possible
-  Ensuring handwash facilities and/or hand sanitizers are nearby and functioning
-  No sharing of any food or drink
-  Following usual food safety practices, and ensuring to:
  - Wash fresh fruit and vegetables as usual under running water, not with soap or other chemicals
  - Regularly disinfect (with >200 ppm sanitizer) any surfaces (counters, food bins, etc.) that will come into contact with food or food packaging, as well as frequently touched surfaces such as door handles
  - Wash hands with soap and water for at least 20 seconds in warm water before and after eating, handling food or food packaging
  - Understand that gloves do not replace proper handwashing when preparing, serving, and eating food. If gloves are worn, they should be replaced every hour or more often

Now more than ever,  
children and youth  
need strong immune  
systems, so eating healthy  
and crunchy fruits and  
vegetables is essential. Let's  
make some noise for  
healthy school food!





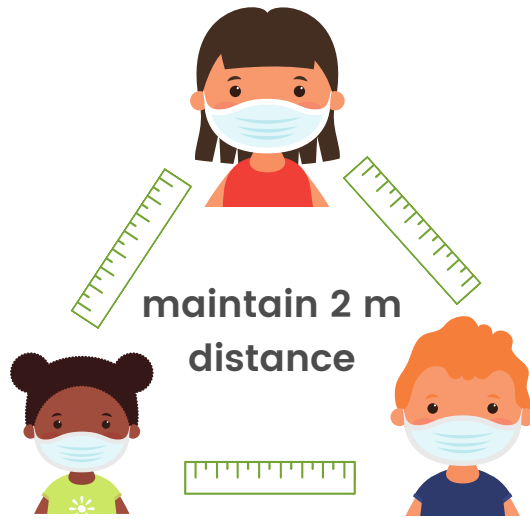
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## safety tips



wash your hands  
before and after  
crunching



no sharing of foods