

## Food Safety Equipment Requirements for Student Nutrition Programs

Student nutrition programs (SNP) must prepare, store and serve food in a manner that follows the Ontario Food Premises Regulation (493/17) including the amendments that came into effect January, 2020. Toronto Public Health's goal is to prevent foodborne illness by educating food handlers and enforcing regulations during inspections. This is especially important for student nutrition programs because children are at greater risk of foodborne illness.

If your program:	Then your site requires:
<ul style="list-style-type: none"> <li>Distributes only low-risk food and/or individually wrapped food items</li> </ul> <p>AND/OR</p> <ul style="list-style-type: none"> <li>Prepares and serves only low-risk food* items such as, slicing an apple or muffin in half, slicing a cucumber or individually portioning baby carrots from a larger package.</li> </ul> <p>Specific examples include:</p> <ul style="list-style-type: none"> <li>Low-risk food items: whole fruits and vegetables, bread and most baked goods (with no custard).</li> <li>Individually wrapped food items: granola bars, juice boxes, etc.</li> <li>Ready-to-eat food items: single serve yogurt, cheese, milk.</li> <li>Any combination of the above.</li> </ul>	<ul style="list-style-type: none"> <li>That food handlers wash their hands as often as necessary to prevent the contamination of food or food areas.</li> <li>Clean, dry, pest-free storage.</li> <li>Access to a 2 or 3 compartment sink or dishwasher***. If not available, wash utensils in a separate sink from hand washing, or ensure the sink is thoroughly cleaned and sanitized prior to dish washing. If a second or third sink is not available, a dish wash container or bin can be used for rinsing and sanitizing.</li> <li>Adequate refrigeration with an accurate thermometer, if serving foods needing cold storage.</li> </ul> <p><b>Your site will not require:</b></p> <ul style="list-style-type: none"> <li>A dedicated hand wash sink, but must have access to a sink to wash hands and be supplied with liquid soap and paper towels/hot air dryer.</li> </ul>
<ul style="list-style-type: none"> <li>Washes, cuts and portions high-risk food** onsite.</li> <li>Uses multi-use serving and preparation utensils (knives, cutting boards, serving spoons, tongs).</li> <li>Serves food and drinks using single-use cutlery, cups and plates.</li> </ul>	<ul style="list-style-type: none"> <li>A dedicated hand washing sink, with hot &amp; cold running water, equipped with soap &amp; paper towels in a dispenser.</li> <li>A 2-compartment sink (for washing and sanitizing serving and preparation utensils) or a dishwasher*** and a food preparation sink (to wash produce).</li> <li>Adequate refrigeration with an accurate thermometer</li> <li>Clean, dry, pest-free storage</li> </ul>
<ul style="list-style-type: none"> <li>Washes, cuts and portions food onsite.</li> <li>Uses multi-use serving and preparation utensils (knives, cutting boards, serving spoons, tongs).</li> <li>Uses multi-use cutlery, cups and plates.</li> </ul>	<ul style="list-style-type: none"> <li>A dedicated hand washing sink, with hot &amp; cold running water, equipped with soap &amp; paper towels in a dispenser</li> <li>A 3-compartment sink (for washing and sanitizing multi-use serving, preparation and eating utensils) or a dishwasher*** and a food preparation sink (to wash produce)</li> <li>Adequate refrigeration with an accurate thermometer</li> <li>Clean, dry, pest-free storage</li> </ul>

\***Low-risk food** is food in a form or state that cannot grow micro-organisms that can cause illness (e.g., whole fruit or vegetable, single serve foods - granola bars, apple sauce).

\*\***High-risk foods** are more likely to cause food-borne illness than low-risk foods. The more steps involved in preparing and serving a food increases the chances of bacteria growing in the food (e.g. milk, cheese, yogurt).

\*\*\***Dishwashers** used in SNPs must meet the Ontario Food Premises Regulation 493/17. Residential dishwashers that meet the NSF/ANSI 184 standard are an acceptable alternative to a commercial dishwasher in SNPs with low volume use.

**For more information** on food safety for your student nutrition program contact [dinesafe@toronto.ca](mailto:dinesafe@toronto.ca).

September, 2020

## Examples of foods that can be served when there are limited facilities

Vegetables & Fruit (produce)	Milk & Alternatives	Grains	Meat & Alternatives
<p><b>Including but not limited to:</b></p> <p>Whole produce with a peel that students remove themselves:</p> <ul style="list-style-type: none"> <li>• banana</li> <li>• clementine</li> <li>• orange</li> </ul> <p>Individually portioned:</p> <ul style="list-style-type: none"> <li>• unsweetened fruit sauce</li> <li>• fruit cup in juice or water</li> <li>• raisins / dried fruit</li> <li>• 100% fruit or vegetable juice (maximum once a week)</li> </ul> <p>Pre-washed:</p> <ul style="list-style-type: none"> <li>• apples, pears, plums</li> <li>• mini cucumbers</li> <li>• baby carrots</li> <li>• cherry tomatoes</li> <li>• snow/snap peas</li> </ul>	<p><b>Including but not limited to:</b></p> <p>Individually pre-packaged:</p> <ul style="list-style-type: none"> <li>• milk</li> <li>• fortified soy beverage</li> <li>• yogurt (cups, tubes)</li> <li>• kefir</li> <li>• cheese strings/sticks</li> <li>• fresh cheese cups</li> </ul> <p>Drinks from the original container<sup>^</sup>:</p> <ul style="list-style-type: none"> <li>• milk</li> <li>• fortified soy beverage</li> <li>• yogurt</li> </ul>	<p><b>Including but not limited to:</b></p> <p>Pre-packaged or individually portioned from a larger package<sup>^</sup>:</p> <ul style="list-style-type: none"> <li>• tortillas</li> <li>• bannock</li> <li>• flat bread, naan, roti, chapatti,</li> <li>• bread, pita, bagels, buns, English muffins</li> <li>• melba toast and breadsticks</li> <li>• granola &amp; cereal</li> <li>• granola bars</li> </ul> <p>Grain products served must be:</p> <ul style="list-style-type: none"> <li>• 100% whole wheat (WW) or Whole grain (WG)</li> <li>• cereals and baked goods should have 8 g of sugar or less per 30 g serving</li> </ul>	<p><b>Including but not limited to:</b></p> <p>Pre-wrapped or individually portioned from larger package<sup>^</sup>:</p> <ul style="list-style-type: none"> <li>• boiled eggs</li> <li>• hummus</li> <li>• nuts, seeds, nut butter</li> </ul> <p><b>For nuts and seed foods, always follow your sites' anaphylaxis policy.</b></p>

<sup>^</sup>To portion these items with limited facilities you can pour from the larger container into a single use cup or item or use a single-use serving utensil. A multi-use serving utensil cannot be used when facilities are limited.

### Limited facilities menu example for a student nutrition meal program

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	banana yogurt cup granola bar	unsweetened fruit sauce milk WW melba toast	raisins cheese string WG crackers	clementine fresh cheese cup WW muffin	fruit cup in juice or water milk WG naan & hummus
Week 2	apple milk carton granola bar	baby carrots cheese stick WW pitas	banana yogurt drink WG muffin	unsweetened fruit sauce cheese stick WW roti	orange kefir WG crackers
Week 3	mini cucumbers cheese stick WW bread	apple juice milk granola bar	green beans fresh cheese WW crackers	fruit cup in juice or water kefir WW bannock	baby carrots yogurt drink hummus

Based on the 2016 Nutrition Guideline for Student Nutrition Programs. Toronto Public Health (2017)