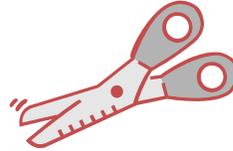




# Move to Healthy Choices Newsletter

January-February 2013

Cut and Post in your Canteen



## Food Safety Tips for Staff and Volunteers

Food Safety is important, even for experienced cooks.

Wash and thoroughly dry hands before serving, preparing, cooking, or storing food.

### Serving Food

- Wash hands after handling money. If more than one person is working in the canteen have one person is handling money and one person handling food.

### Preparing and Cooking Food

- Use food before the best before date on packaging.
- Wash and sanitize all equipment used to prepare food, including counters and cutting boards. To make a sanitizing solution, add 1 tsp. (5 ml) of unscented bleach to 4 liters (one gallon) of water.
- Wash fresh fruit and vegetables.
- Keep hot food hot (above 60°C/140°F) and cold food cold (below 4°C/40°F).
- Make sure food is served soon after preparing.

### Storing Food

- Store food in containers that are clean, non-toxic, easy to wash, have tight fitting lids or are covered.
- Store raw food **BELOW** cooked food in the refrigerator.
- Refrigerate all leftovers promptly in uncovered, shallow containers so they cool quickly.
- Avoid overstocking the refrigerator to allow cool air to circulate freely.



## Ideas on How to Add Healthier Foods to your Menu

<p>Vegetables</p> 	<ul style="list-style-type: none"> <li>• Frozen vegetables without seasonings or sauces, are just as nutritious as fresh choices. Add vegetables to menu items such as soups, chili &amp; rice bowls.</li> <li>• Offer frozen vegetables as a hot side option. Cook ½ cup as needed.</li> <li>• Buy packages of bagged vegetables such as baby carrots, leafy greens or broccoli. You can quickly toss these into a salad.</li> </ul>
<p>Fruit</p> 	<ul style="list-style-type: none"> <li>• Purchase single serve fruit cups packed in light syrup or fruit juice. It has more added sugar than fresh fruit but still has important vitamins and does have a longer shelf life.</li> <li>• Choose frozen or dried fruit to add to menu items such as, hot oatmeal, baking and yogurt parfaits.</li> </ul>
<p>Whole Grain Breads, Wraps and Pitas</p>	<ul style="list-style-type: none"> <li>• Keep frozen and use as needed.</li> <li>• Plan your specials to sell items quickly.</li> </ul>
<p>Milk, Yogurt and Cheese</p> 	<ul style="list-style-type: none"> <li>• Once yogurt has been opened it can be used for about 1 week if stored in the refrigerator. If you have extra yogurt, use it in baking loaves, scones or muffins.</li> <li>• Purchase small amounts and or smaller containers to minimize waste.</li> <li>• Shredded hard cheese can be frozen and used as needed.</li> </ul>
<p>Meats</p>	<ul style="list-style-type: none"> <li>• Prepare and freeze meat, such as baked chicken and ground beef in easy to use portions for quick use in wraps and salads on busy canteen days.</li> </ul>

### Other Tips:

- ✓ Use your Move to Healthy Choices Posters to promote your healthy specials of the week.
- ✓ Display healthier foods on the front counter at eye level.
- ✓ Don't forget about the Healthy Choices Grant of \$100 to try new foods at your canteen.

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