



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"> • Frozen vegetables without seasonings or sauces, are just as nutritious as fresh choices. Add vegetables to menu items such as soups, chili & rice bowls. • Offer frozen vegetables as a hot side option. Cook ½ cup as needed. • Buy packages of bagged vegetables such as baby carrots, leafy greens or broccoli. You can quickly toss these into a salad.
<p>Fruit</p> 	<ul style="list-style-type: none"> • 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. • Choose frozen or dried fruit to add to menu items such as, hot oatmeal, baking and yogurt parfaits.
<p>Whole Grain Breads, Wraps and Pitas</p>	<ul style="list-style-type: none"> • Keep frozen and use as needed. • Plan your specials to sell items quickly.
<p>Milk, Yogurt and Cheese</p> 	<ul style="list-style-type: none"> • 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. • Purchase small amounts and or smaller containers to minimize waste. • Shredded hard cheese can be frozen and used as needed.
<p>Meats</p>	<ul style="list-style-type: none"> • 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.

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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