

Food Safety

The safety of the foods served to New Brunswick public school students is an essential part of [Policy 711](#). It is even more important when the majority of schools rely on hot breakfast and lunch programs prepared by external organizations. This food needs to be handled with the following guidelines in mind:

Meat and Dairy Products need to be refrigerated at 4°C or lower at all times. No food in this category should be left at room temperature for more than 2 hours. Always thaw meat or poultry in the refrigerator, never on the counter.

Chill It

Always cool foods promptly after cooking. Use ice water baths when necessary to cool foods quickly in order to move them to the refrigerator faster. Cooking destroys most bacteria but some might live and multiply if food is left at room temperature after cooking.

Clean It

Wash your hands often and then clean and sanitize work surfaces and utensils before and after handling raw meats, poultry or other foods. Any plate or utensil that has come into contact with raw meats, poultry or other foods must be cleaned and sanitized before using for any other purpose.

Separate It

Always keep raw meats and poultry separate from cooked foods. This prevents contamination of other foods.

Keep Hot Foods Hot

Hot food must be maintained at a temperature of 60°C or higher and served immediately at that temperature. The only way to determine this temperature is with a thermometer.

Wash Hands

Use hot water and soap to thoroughly clean hands each time before handling food.

Keep It Simple

Lunches can be made with foods that remain safe at room temperature, for example, fresh fruits and vegetables, hard cheeses, breads, peanut butter (*where allergies permit*), jams, etc. The best way to avoid food poisoning and other illnesses is to properly prepare each meal.

Allergies

Any food offered, sold or otherwise made available in school must be done in consideration of the allergies of students and staff in the school. This is consistent with [Policy 704](#) – *Health Support Services*.