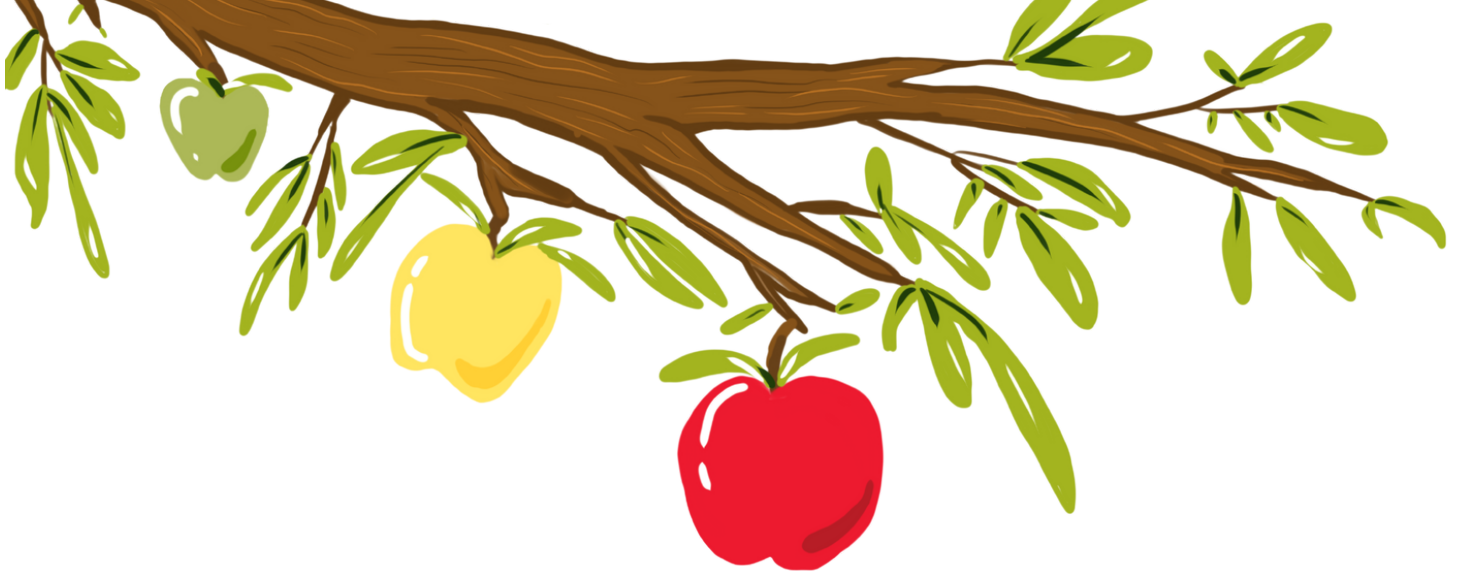




2022 COVID Guide

THE COALITION
FOR HEALTHY SCHOOL FOOD





Join the Crunch!

Join the Crunch on Thursday March 10, 2022 @ 1 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 updated by MPH Practicum Students Nicole Weber and Nina Trask as part of their dietetic placement work, and Jack Chen. For any questions regarding this guide or the Great Big Crunch, feel free to send us a message at greatbigcrunch@healthyschoolfood.ca.






The Coalition for Healthy School Food is a growing network of over 180 non-profit member organizations from every province and territory. We are advocating for public investment in and federal standards for a universal cost-shared school food program that would see all children having daily access to healthy food at school. Building on existing programs across the country, all schools will eventually serve a healthy meal or snack at little or no cost to students. These programs will include food education and serve culturally appropriate, local, sustainable food to the fullest extent possible.




See our guiding principles for what our ideal school food program looks like

Preperations for a safe crunch

General guidelines

-  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



Private gatherings



Indoor personal gatherings at your home or private property

- Indoor personal gatherings at your home or vacation accommodation are limited to your households plus ten visitors or one other household.



Everyone 12+ must be fully vaccinated

- You are considered fully vaccinated with 2 doses of a COVID-19 vaccine. Your booster dose does not affect your proof of vaccination

School gatherings



School gatherings are events that bring staff and students together outside of regular learning activities.



Schools should seek virtual alternatives where possible when a group is gathered. If not possible, minimize the size of the gathering as much as possible.



The capacity for indoor gatherings and events facilitated by a school that...

- Involve members of the community beyond staff, students, and necessary volunteers; or
- Occur within and between schools,

should be limited to 50% operating capacity and maximize the use of available space.



At this time, schools are discouraged from hosting indoor events where spectators from the community are invited to attend in person.

If you're planning an IN-PERSON CRUNCH

Guidelines for all types of gatherings (private and school gatherings)



Select a space, indoors or outdoors, 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.



2 metres



Stagger activities so that not everyone gathers at once, especially for schools.



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










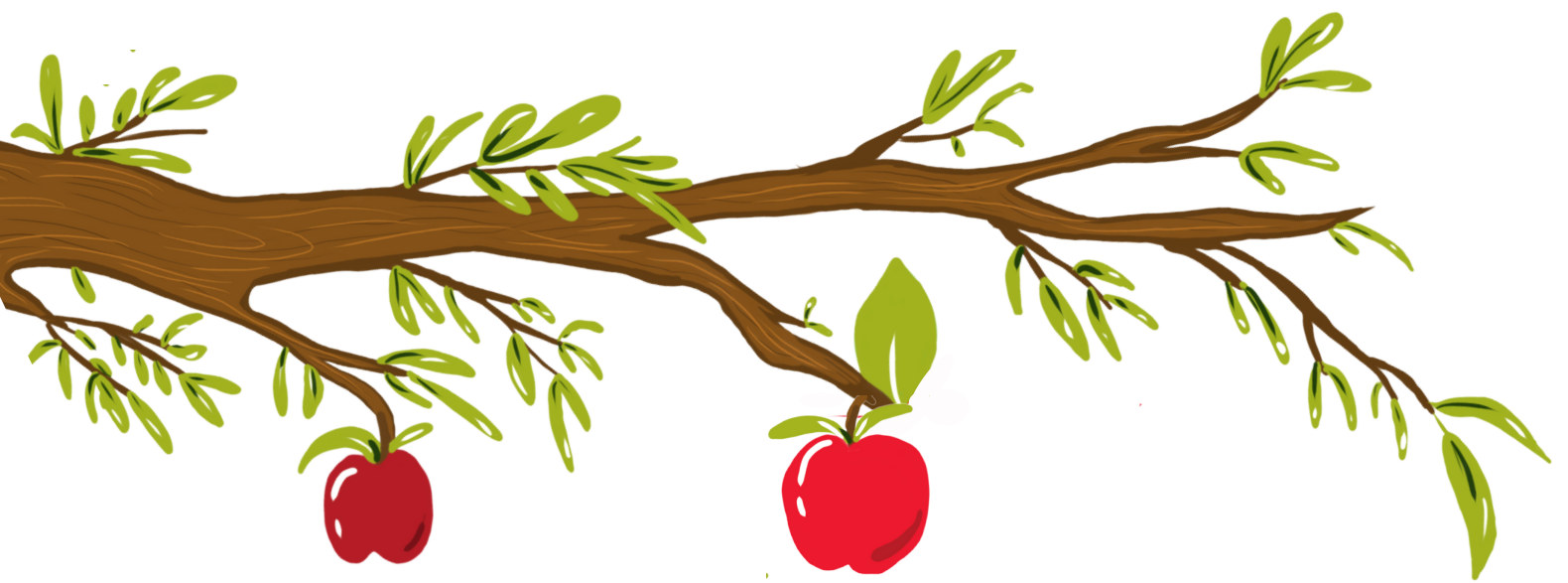
If no loose food items are allowed, wash the apples before the event, and wrap them in recyclable or compostable packaging like food grade paper



Provide containers to participants, or prompt caregivers to pack a reusable container to put apple in,

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
- 
- Note that mask mandates do not apply when removing them to consume food and beverages.
- 
- 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
- 
- Note that soap and water are preferred when hands are visibly dirty. If it is not available, use an alcohol-based hand wipe followed by alcohol-based hand rub.
- 
- 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



Precautions for Activities & Crunching



If there is tasting involved, be sure to sanitize and mask up appropriately between biting and writing.

- Separate tasting from other activities and to follow proper hand hygiene
- We recommend doing tasting activities in a well ventilated and sufficient space.
- For a clear one-pager on mask hygiene, [click here](#).



If unfinished, participants should take their fruits and/or vegetables with them.









These fruits and/or vegetables should not be 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 and 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



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

*Note that the amount of time of an individual is required to isolate varies depending on the province and on whether the individual is vaccinated, partially vaccinated, unvaccinated, immunocompromised or a child under 12.



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



Educate and encourage students to practice good respiratory etiquette:

- Cough or sneeze into your elbow or a tissue. Throw away used tissues and immediately perform hand hygiene.
- Try not to touch your eyes, nose or mouth with unwashed hands.



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 fruit and vegetables under running water, not 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!



Public health guidelines by location



Alberta



Nunavut



British Columbia



Ontario



Manitoba



Saskatchewan



New Brunswick



Quebec



Newfoundland and Labrador



Prince Edward Island



Northwest Territories



Yukon

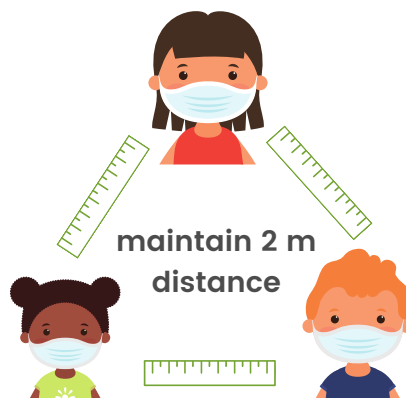


Nova Scotia

Safety tips



wash your hands
before and after
crunching



no sharing of foods

References

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