

Chapter 7: Food & Nutrition

7.1 School Nutrition

- 1.) Valley Collaborative will provide breakfast and lunch to all students regardless of their ability to pay to ensure that no student goes hungry.
- 2.) Valley Collaborative shall prepare and serve meals in a manner and amount appropriate to the nutritional needs of each student, including special dietary needs, consistent with applicable state and federal regulations.
- 3.) Valley Collaborative shall encourage students to eat a well-balanced diet, but no student shall be force fed or otherwise coerced to eat against his/her will except where medically prescribed.
- 4.) Valley Collaborative shall serve meals to students that are substantially the same as those served staff, unless age differences or special dietary needs require differences in diet.
- 5.) Valley Collaborative shall allow students to eat at a reasonable, leisurely rate.
- 6.) Valley Collaborative Programs that serve meals to students shall prepare written menus each week and shall maintain copies to menu plans for typical weeks.
- 7.) Valley Collaborative shall provide or arrange for nutritional or mid-morning snack for students, where appropriate.

7.2 Safe Food Handling Procedures

Many foods are ideal for growing microorganisms. Contamination with pathogenic bacteria, combined with mishandling or inadequate temperature control, can result in infectious levels of bacteria or foodborne illness outbreaks. To avoid contaminating food they handle, food service personnel must be in good physical health, be free of symptoms of communicable diseases, and not have skin conditions such as open or infected cuts, burns, or sores. The food service manager should be able to recognize such conditions and exclude them from working in direct contact with food.

Food Preparation and Storage

1. Adequate equipment must be provided and maintained to ensure proper temperatures for food during storage, preparation and service.
2. Adequate equipment must be provided and maintained to ensure proper temperatures for sanitation of dishware, tableware and utensils.
3. There must be a sufficient number of thermometers to monitor these temperatures constantly.
4. When food is transported from one facility to another, adequate holding temperatures must be maintained, with potentially hazardous foods kept below 45° F or above 140° F during storage, transportation and service.
5. Food and the food establishment should be protected from contamination by insects and rodents through the use of screens and other protective devices.

Guidelines for Food Service Personnel

1. Food service personnel must have clean hands at all times and should not wear rings.
2. Hands must be washed with soap and hot running water at the following times:
 - A. before beginning work
 - B. after using the restroom, coughing, sneezing, or handling any object that may contaminate food
 - C. between other operational functions
 - D. the return to food preparation or handling functions
6. Fingers should be kept out of the mouth and away from the hair, face and nose.
7. Food service personnel should not eat, drink, or use tobacco products in food areas
8. Plastic gloves should be used for a continual food handling function and must be changed when a worker switches from one operation to another, or when a customer verbalizes and allergy. (The use of gloves is not substituted for hand washing)
9. The proper cleaning fluids, paper products, and other materials necessary for students and adults to properly wash their hands will be provided.

Valley Collaborative: Health Care Policies and Procedures Manual

10. Cafeterias will maintain a 97% score on sanitation inspections, and food services workers must maintain ServSafe sanitation certificate, and up to date certification in CPR and first aid.
11. The dining area will be kept clean, orderly, and free of any excess debris. Floors shall be cleaned daily while school is in session, and tables shall be cleaned with appropriate cleaning fluids.
12. In accordance with Section 111 of the Child Nutrition and WIC Reauthorization act of 2004 (Public Law 108-265), the collaborative will implement as food safety program for the receiving, preparation, and service of all school meals based upon the Hazard Analysis and Critical Control Point (HACCP) principals.
13. An area in each cafeteria will be designated, on an as-needed basis, as food allergen free. Cafeteria workers and supervisory staff must be trained by the food service director and other school personnel to keep the area safe, clean, and allergen free, to the best of their ability.