



HEALTH AND HYGIENE INSTRUCTIONS IN EFFECT AT BREAKFAST CLUBS OF CANADA

Conforming to MAPAQ standards as mentioned on the *Guide des bonnes pratiques d'hygiène et de salubrité alimentaires (french only)* : <https://www.mapaq.gouv.qc.ca/fr/Publications/Guidemanipulateur5.pdf>

PREPARATION AND SERVICE

- Wash your hands when you arrive and any other time it is deemed necessary:
 - Before starting to prepare food
 - After smoking
 - After sneezing or blowing your nose
 - After using the washroom
 - Each time there is a risk of contaminating food
 - Affix the poster ***La propreté au bout des doigts!*** Near the most used sink (French only): https://www.mapaq.gouv.qc.ca/fr/Publications/affiche_lavage_mains.pdf
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- Use gloves only if you have cuts, are wearing bandages and/or nail polish (exceptional case) when in direct contact with food
 - Organize the tasks to be completed before putting on gloves.
 - Wash your hands before putting on gloves.
 - Don't wear gloves when using the toaster.
 - Throw the gloves away after use. Never wash them.
- Wear a hairnet which entirely covers your hair at all times: during food preparation, service and clean-up.
- Wear a clean apron at all times during food preparation and service. All aprons should be washed at least once a week.
- Remove all visible jewellery (rings, watches, earrings, etc.) or ensure that they are completely covered by your apron or hairnet.
- While preparing food, change or wash the knives and cutting boards for each food.
- When serving food, you must use one pair of tongs for each type of food.
- Don't eat during food preparation or service. Contact between your hands and mouth can increase the risk of contamination.
- Change the water in the warming tray every week.
- Take the fresh food out of the refrigerator just before serving breakfast.

FOOD

- Make sure to respect expiry dates on all foods.
 - Ensure that food is rotated properly (when an order arrives).
 - Rinse all fruit before cutting it and serving it to the children.
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- Wash your hands before and after handling egg shells. **This is important for avoiding risk of contamination.**
- Verify the temperature of equipment regularly and keep a daily record:
 - Refrigerator: maintain temperature between 0°C and 4°C
 - Freezer: maintain temperature at -18°C
- **Allergies or food intolerances:** Be vigilant when it comes to cross-contamination. Pay special attention to utensils and equipment used. Be rigorous when it comes to washing your hands or, if applicable, when using gloves.
Make sure that children who have food allergies use the red trays.

CLEANING

- Wash dishes by following these four steps:
 1. Prewash (to remove any food particles)
 2. Wash (in a dishwashing bin using dishwashing liquid)
 3. Rinse (in a bin with clear water)
 4. Sanitize (in a bin containing 2ml of sanitizer per 1L of water)
 - Wear safety glasses when handling concentrated sanitizer.
 - Apply the same steps for cleaning small equipment (warming tray and cover, detachable pieces on the toaster, etc.)
- If a dishwasher is used, the soap must contain chlorine and must be supplied by the school.
- Clean tables and work surfaces with diluted sanitizer before preparing the food and at the end of breakfast.
- Clean the trays every day with diluted sanitizer.
- Once a week, wash the trays according to the four steps for cleaning dishes.
- Dish towels and rags should only be used for one breakfast; wash them before using them again (you can set them aside and wash them altogether once a week).
- Ensure that all Club equipment such as the refrigerator, freezer, toaster, etc. are kept clean and in good condition.

Specifics on using cleaning products:

- In order to respect MAPAQ* standards, only cleaning products and sanitizers approved for use with food preparation and supplied by the Club should be used by Breakfast Club of Canada programs. (DishShine dishwashing liquid and Bactol sanitizer).

**Cleaning and sanitizing products must adhere to the norms outlined in the Food and Drugs Act (R.S.C., 1985, c. F-27) or included in the Reference Listing of Accepted Construction Materials, Packaging Materials and Non-Food Chemical Products published by the Canadian Food Inspection Agency.*

- Here's an explanation for the volunteer teams of why MAPAQ stipulates usage of these products:

In a Breakfast Club of Canada program, like many restaurants and cafeterias, there are a large number of people using the same dishes and utensils. Bacteria and microbes come from many different sources, which increases the risk of contamination or even an epidemic. Therefore, the products used in the Club must conform to certain standards. By contrast, at home, we can use products intended for home use (e.g. Palmolive dishwashing liquid) since the number of people using the dishes and utensils is smaller, and bacteria and microbes are more limited.



Cleaning products (dishwashing soap and sanitizer) must be kept in containers that clearly identify the contents (original containers or containers on which the name of the product is clearly marked – for example, “**BACTOL CONCENTRATED SANITIZER**”). All these products must be placed and stored out of the reach of children to ensure their safety.

- Bactol must be diluted before use. It’s important to note that once it is diluted, the product loses its efficacy after 24 hours. You must therefore dispose of all diluted solution after this time period. (Do not keep the diluted product in a spray bottle for use on trays or tables.)