



## Planning School Food Fundraisers A Check List

### Is the Food Safe?

Consult with someone who has Food Safe level 1 about how you plan to keep the food safe.

- If you are buying prepared food to sell, is the food prepared in a kitchen that has an operating permit?
- Is there a sink nearby with hot water, soap and paper towel where servers will be able to wash their hands before serving food?
- Have you arranged to have someone check that the temperature of perishable foods is kept < 4° C or > 60° C?
- If dishware is to be used, do you have access to a three compartment sink or dishwasher to wash, rinse and sanitize dishware?

Do you have questions about food safety? Call Vancouver Coastal Health at 604-675-3800.

For other information to keep foods safe visit:

[www.vch.ca/your\\_environment/food\\_safety](http://www.vch.ca/your_environment/food_safety) - Vancouver Coastal Health

[www.foodsafe.ca](http://www.foodsafe.ca) - Food Safe certification

[www.health.gov.bc.ca/protect/food-safety-module/files/home.htm](http://www.health.gov.bc.ca/protect/food-safety-module/files/home.htm) - Online

“Caring About Food Safety” course

[www.fightbac.org](http://www.fightbac.org) - Information about safe food handling

### Is the Food Healthy?

- Have you followed the Guidelines for Food & Beverage Sales in BC Schools (2013)?  
[http://www.bced.gov.bc.ca/health/2013\\_food\\_guidelines.pdf](http://www.bced.gov.bc.ca/health/2013_food_guidelines.pdf)
- Are at least 50% of foods you want to sell ‘Sell Most’ and up to 50% ‘Sell Sometimes’?

- Does the meal include at least three of the four food groups from Canada’s Food Guide?
- Does the meal include fresh vegetables or fruit?

For more information and help with the School Food Guidelines, call HealthLinkBC at 8-1-1 and ask to speak to a dietitian.

### Have you thought of the Environment?

To help make Fundraisers More Environmentally Friendly:

- Use local and in season items
- Use organically produced items
- Offer vegetarian options
- Ocean Wise [www.oceanwise.org](http://www.oceanwise.org) or SeaChoice [www.seachoice.org](http://www.seachoice.org) seafood
- Offer incentives for students to bring their own cutlery, chopsticks, plate or mug
- Serve food with minimal packaging
- Request packaging that is biodegradable or compostable
- Create a plan to deal with the waste produced, e.g., compost collection, recycling

### Other Tools and Information:

Resources to support the Guidelines  
[www.healthlinkbc.ca/healthyeating/everyone/schools-communities.html](http://www.healthlinkbc.ca/healthyeating/everyone/schools-communities.html) (Healthy Fundraising for Schools, Brand Name Food List, Bake Better Bites, Tips & Recipes for Quantity Cooking, Sample Vending RFP)  
Healthy Eating at School –  
[www.healthyeatingatschool.ca](http://www.healthyeatingatschool.ca)  
Healthy Schools BC –  
[www.healthyschoolsbc.ca](http://www.healthyschoolsbc.ca)