



## BREAKFAST BINS OR BAGS

### BREAKFAST BINS

- Prepare a bin per class with the number of meals for the number of children registered in the class.
- Clearly identify each of the bins to facilitate preparation. Enter the group or the teacher's name and the number of children enrolled directly on the bin.
- Only cutlery needed for the number of children registered in the club is placed in the bin.
- Put a container of juice or milk (1L) or the number of individual portions needed (milk or juice)
- The day's menu are placed in an appropriate resealable container.
- Fruit and mozzarella cheese (when on the menu) are cut into small portions and placed in the appropriate resealable container.
- The day's menu are placed in an appropriate resealable container.
- Avoid placing cold items next to hot ones in the bin.
- Work together to determine the distribution method for the breakfast bins in the classes.
- Each teacher is responsible for the organisation of the distribution in his class. The person responsible for breakfast distribution must also respect food safety guidelines.
- The teacher must ensure that any containers or bins are returned to the club when breakfast distribution is over. The bins must be washed and sanitized after each use, according to food safety guidelines.

### BREAKFAST BAGS

- Paper bags can be filled with the cold menu items in advance and stored in the refrigerator. For hot menus, the food is placed in the bags immediately prior to distribution. Or, the hot and cold items can be placed in the bags at the last minute.
- Individual portions of hot food are placed in the hot sandwich bags.
- Fruit and mozzarella cheese (when on the menu) are cut into small portions and placed in the resealable or hot sandwich bags.
- Only cutlery required for the day's menu should be placed in the bag.
- All food items, condiments and spreads, and cutlery are placed in the individual brown paper bags (one per registered child).
- Work together to determine the distribution method for the breakfast bags.
- In order to avoid wasting yogurt, individual servings can be placed in 50% of the bags. Or a trolley can be used and children registered in the Club can choose between yogurt, milk, or juice.
- Check often with teachers to find out whether the quantities supplied or the method used to serve breakfast need to be modified.
- Instead of syrup, pancakes and waffles are served with jam or breakfast spread; the same applies to toast.

### QUANTITY CONTROL AND LEFTOVER

It is essential to regularly check with teachers if we have to adjust the quantities sent or review the service process. This method is effective when there is a community of collaboration and effective communication between each person involved.

Teachers are encouraged to return the foods that were not consumed at the breakfast program place or redistribute it to the class in need according to the type of food.

### MENU

- If a hot menu is offered to only some club members, replace any menu item containing eggs with something else because there is a contamination risk associated with transporting the menu with eggs.
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## WATCH OUT FOR ALLERGIES!

Even when using the breakfast pack system, it is **crucial** to be aware of food allergies. **It is therefore important to:**

- Take the necessary precautions when preparing food in order to prevent cross-contamination.
  - Follow food safety guidelines when it comes to serving children with food allergies.
  - Clearly identify breakfast bags or bins prepared for children with food allergies.
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