

Eating in the Classroom

The classroom is a place for learning, growth and development. It may also be where students enjoy their meals and snacks each day! Take steps to ensure students enjoy meals in a safe, clean space.

Talk to the school custodian

- Eating in the classroom doesn't have to mean more work for custodial staff. Discuss how to share the responsibility of cleaning and sanitizing surfaces and proper waste removal.
- Have custodians speak to the class about their job and what a student's role is in keeping the school a clean, safe environment to learn and grow.
- Custodians will also know what disinfectants are safe to use.

Cafeteria staff are another great resource, they know all about food safety concerns!



Ensure clean eating surfaces

- Have students wash desks with soapy water to get rid of crumbs.
- Have staff sanitize surfaces with food-safe (custodian recommended) disinfectant.

Even if a desk looks clean there can be unseen dirt and bacteria!



Build hand washing into classroom routine

- Post a hand-washing poster to show students how to wash their hands properly. Consider a lesson on hand washing at the start of the year.
- Have students line up and wash their hands at the nearest hand-washing station.
- Make it a rule that no one can touch their food until their hands have been washed.



Teachers can act as role models by washing their hands first!

Be allergy aware

- The most common food allergens are peanuts, tree nuts, seafood (fish, shellfish, and crustaceans), egg, milk, sesame, soy, mustard, and wheat.
- Follow your school's allergy awareness policy and restrict identified food allergens from the classroom.



Did you know?

Almost 500,000 Canadian children have food allergies.

Have a clean up routine after eating

- Students can help staff place all waste into the appropriate bins.
- Have students wash desks with soapy water to get rid of crumbs.
- Have staff sanitize surfaces with food-safe (custodian recommended) disinfectant.
- Ensure that students wash their hands again.



If in-class garbage disposal is limited, consider packing up waste to be brought to a central location.

