

# Minimizing Spread of Illness in Child Nutrition Programs

**Remember-Menus must meet meal pattern requirements!**

**If your organization requires Family Style Meal Service, check for current protocols.**

## Tips for All

- Wash hands often
- Simplify/reduce Menu choices
- Offer food items that require less handling, preparation (pre-packaged)
- Discontinue family style meal service
- Follow organization protocol for staff illness if you are sick.
- Pre-package or individually wrap fruit and vegetable options

## Tips for School Meal Programs

- Use food service Field Trip Sack Lunch menu
- Reduce fruit and vegetable options
- Plan to meet vegetable subgroup requirements with less variety
- Eliminate self-service. Serve food by cafeteria staff from the serving line
- If continuing to use a salad bar, replace serving utensils often during meal service.
- Follow organization protocol for staff illness if you are sick.
- Pre-package or individually wrap fruit and vegetable options
- Utilize individual servings of fruit cups, applesauce, fruit juice, etc.
- Utilize smaller serving containers, replacing often as food runs out
- Utilize disposable silverware and trays
- Clean and disinfect surfaces often
- Consult your local health jurisdiction for current sanitizing protocols.

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