



Can you Safely use Nüton's Nutrition Education Programs During COVID-19?

The short answer is YES.

Nüton's ultimate goal is to help inspire Manitoba teachers to have a positive impact on students' food journeys using experience-based learning by discovering and exploring a variety of foods. That will never change.

The Manitoba K-12 Guidelines for September 2020¹ and COVID-19 K-12 School Settings Practice Guidance and Protocols² state that:

- All foods should be individually wrapped or packaged.
- No family-style, buffet-style or potluck meal service.
- No food sharing.
- Staff should serve all food items directly to students; students are not to prepare foods.

What does this mean to teachers?

You can still help your students develop a healthy relationship with food and their bodies, while incorporating core curriculum in a fun and engaging way! With safety in mind, you can use your Nüton programs confidently.

Here's why you should use our programs now:

- **Nutrition education incorporates core curriculum.** Our K-8 nutrition education programs are more relevant and important than ever because they have a strong focus on the mental, physical and overall well-being of students. Any of our programs can be used under the provincial health guidelines (more on that below).
- **Our teacher workshops are now virtual.** We continue to deliver relevant, engaging and interactive workshops/Professional Development days for teachers, just virtually! Our nutrition education workshops for teachers have a strong focus on mental health and well-being.
- **We support you to use our programs!** We continue to offer monetary support for our **K1 Food Explorers** program and our **Grade 6 Powerful Bones** programs through our mini grant applications.



Here's how you can safely use Nüton's K-8 programs during COVID-19:

Some of our programs suggest making recipes. For safe food handling, adults preparing food must:

1. Wash hands before preparing and distributing foods
2. Portion and individually wrap, cover, or package a serving for each child
3. Distribute food directly to each child (i.e., no self serving) using utensils to serve or portion food items, not hands.

EXAMPLES OF PACKAGING INCLUDE:

Food grade paper; paper bags; napkin with twist tie or tape; bowl or plate with a napkin or plastic wrap to cover; or single-use plastic bag or wrap.

INSTEAD OF THIS



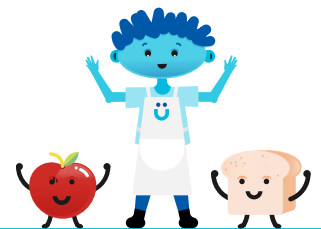
Self-serve of family-style eating is not recommended.

Instead, an adult (teacher or helper) should prepare all food samples individually. Now they are ready to explore!

DO THIS



The bottom line? With safety in mind, you can explore a variety of foods with your classroom cohorts so long as foods are directly served to students by an adult. Food sharing and family-style serving is not recommended.



Consult your school division and school specific plan for details related to food in your school during COVID-19. Adapting to meet guidelines will be an ongoing process. Take steps to ensure your school is following the most up-to-date information by visiting Manitoba Education's Latest COVID-19 Education News www.edu.gov.mb.ca/k12/covid/

References:

1. Government of Manitoba. (July 30, 2020). Welcoming Our Students Back: Restoring Safe Schools - K-12 Guidelines for September 2020. Retrieved September 16, 2020, from https://manitoba.ca/asset_library/en/covid/k-12-reopeningplan-stage-2.pdf
2. Government of Manitoba. (August 24, 2020). Welcoming Our Students Back: Restoring Safe Schools - COVID-19 K-12 School Settings Practice Guidance and Protocols. Retrieved September 16, 2020, from https://manitoba.ca/asset_library/en/covid/k-12-reopeningplan-guidance.pdf