



MEMORANDUM

To: School Principals

Date: September 13, 2023

RE: SNACK PROGRAM 2023-2024

Please find enclosed the information pertaining to the 2023 - 2024 Snack Program. Kindly forward this information to the person in charge of the distribution of the snacks.

The program will run from September 25, 2023 to June 7, 2024.

Thank you for your collaboration,

Ariane Séguin, P.Dt.

Dietitian, Nutrition and Food Services

Tel: (514)-483-7200 ext. 7697

aseguin@emsb.qc.ca

c.c. Sylvie Beaudry, P.Dt. Sandra Léveillé, Director





2023 - 2024 SNACK PROGRAM

IMPORTANT Information on Snacks

- Snacks have been pre-ordered. Please distribute snacks according to the attached 4 week cycle snack menu.
- IMPORTANT: Quantities of the snacks supplied by Dubord & Rainville have been calculated for the entire duration of the program. The orders placed TAKE LEFTOVERS INTO ACCOUNT therefore all unused foods must be stored appropriately for future consumption with the exception of the <u>baby carrots</u>, <u>sliced apples</u>, <u>yogurt products</u>, <u>muffins and Delicouki cookies</u>.
- Orders have been placed taking into consideration all Holidays and Fixed
 Professional Days and confirmed School Pedagogical Days, based on a Monday
 to Thursday schedule. Please advise if there are newly added pedagogical days.
- **RECEIVING FOOD**: It is important to verify the order when the delivery person is present; to ensure the quality of the food and that all snacks were well received.

FOOD STORAGE

- **Foods requiring refrigeration:** Yogurt products, sliced apples, baby carrots, all cheeses.
- Foods that can be stored at room temperature in a cool and dry place:
 applesauce, crackers, cereal, cookies and muffins
 - <u>Delicouki cookies:</u> 30-day shelf-life. They may be kept refrigerated and taken out the day before serving.
 - <u>Delicouki muffins:</u> 2 week shelf-life when refrigerated or kept at room temperature.
- **Foods requiring freezing:** *Still Good* brand cookies. Please thaw out at room temperature the day before serving.
- Please verify the products' expiry date. Proper stock rotation should be ensured.
- In order to prevent the invasion of ants or other insects, goods should not be stored on the floor. We are unable to replace food that has perished because it was not stored properly.

SNACK SUPPLIERS

Company; Snacks; Delivery

Can-Am

- Sliced apples
- Baby carrots

Delivers 1 day before needed

DUBORD & RAINVILLE

- all cheese portions
- all yogurt products
- cereal and cereal snacks
- muffins & cookies
- napkins & spoons

Delivers once per menu cycle (every Week 4 of the menu)

First Dubord & Rainville delivery scheduled for the week of:

September 18, 2023

For more information or quality/delivery issues, please contact
Ariane at ext. 7697 or Cathy at ext. 7360

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All invoices should be sent to: Nutrition and Food Services, Room 111.





2023 - 2024 SNACK PROGRAM

From Sept. 25, 2023 until June 7, 2024

4 days/week

Week 1

Week of:		Monday	Tuesday	Wednesday	Thursday
Sept 25 th Oct. 23 rd Nov. 20 th Dec. 18 th Jan. 29 th	Feb.26 th Apr. 1 st Apr. 29 th May 27 th	Muffin	Breton Crackers	Brick cheese	Yogurt

Week 2

Week of:		Monday	Tuesday	Wednesday	Thursday
Oct. 2 nd Oct. 30 ^l Nov. 27 Jan. 8 th Feb. 5 th	Apr. 8 th May 6 th Jun. 3 rd	Banana <u>Oatmeal</u> Cookie	Baby Carrots	Gouda Cheese	Yogurt Tube

Week 3

Week of:		Monday	Tuesday	Wednesday	Thursday
Nov. 6 th Nov. 4 th A	Feb. 12 th Mar.18 th Apr.15 th May 13 th	Corn Bran Cereal	Applesauce	Cheddar Cheese	Yogurt

Week 4

Week of:		Monday	Tuesday	Wednesday	Thursday
Oct. 16 th Nov. 13 th Dec. 11 th Jan. 22 nd *	Feb.19 th Mar. 25 th * Apr. 22 nd May 20 th	Still Good Cookie *Dad's Cookie	Apple Slices	Marbled Cheese	Multigrain Cheerios

FOOD ALLERGIES - Ensuring an Allergy Safe School Environment

All snacks from the EMSB Snack Program have been selected to help meet the nutritional needs of our students, while being sensitive to the growing occurrence of food allergies in our population. It is important to note that there is <u>no guarantee that it is 100% free of food allergens</u> (peanut, nuts, soy, eggs, etc.).

The menu is provided to help parents make an informed decision on the participation of their child in the snack program. For students with severe food allergies, we recommend to have the parent supply their child with snacks as a substitute. Fruits, vegetables, dairy products can be suggested as allergen free options.

For more information on food allergies, please visit the Allergies Québec web site <u>www.allergies-alimentaires.org</u>

Reference: Allergen Control TM website: <u>www.allergene-controle.com</u>