



May 7, 2020

Re: Food Assistance

Dear parent,

The EMSB cares about its community and is happy to help during this difficult period of pandemic, school closures and isolation.

Help is available to assist families with food/nutrition support. We invite you to contact your **local food bank or 211** to obtain staple goods and food baskets.

As supplemental assistance, you will receive **2 meals (feeding a family of 4 to 6)** per week at no cost to you beginning the week of **week of May 11 (Week 1 on menu below)**.

The assigned supplier for your school is **LE DORAL**. A representative from Le Doral will contact you to coordinate the first delivery. Your family meals (2) will be delivered **once a week**, on the same day. You may serve these meals to your family at your discretion during that week.

Most meals are ready-to-eat and delivered cold with re-heating instructions. Some meals arrive as a kit with the preparation instructions included. The menu to follow.

FOOD SAFETY PRECAUTIONS

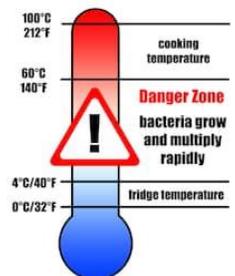


Our supplier is taking all the necessary precautions and as such ensures “no-contact” deliveries. Following **food safety guidelines and good hygiene practices** remain the recommendations for handling food during this pandemic. Visit Canada.ca/foodsafety for more information on **food safety practices** and **cooking temperatures**.

We remind you of the following food safety practices:

-  Refrigerate the delivered food immediately.
-  Cook or reheat food thoroughly at proper internal temperature.
-  Wash all counters, utensils, equipment with warm soapy water that come in contact with food to prevent contamination.
-  Wash your hands before eating and/or handling food with warm water and soap for 20 seconds.
-  Wash and scrub fruit and vegetable under running water.

FIGHT BAC!



Keep Food Safe From Bacteria™

FOOD SAFETY - GENERAL RULE!

Keep food out of the **danger zone 4°C (40°F) and 60°C (140°F)** where bacteria grow and multiply rapidly and cause foodborne illnesses.

- ✓ **Keep cold foods cold;** store in a refrigerator between 0°C (32°F) and 4°C (40°F).
- ✓ **Keep hot foods hot;** keep prepared hot foods above 60°C (140°F). Cook meats and poultry thoroughly.

Extra precautions you may want to use with delivery food packages:

- ✓ Remove and discard delivery boxes.
- ✓ Clean food packages and cartons with cloth using hot soapy water or transfer food to a clean dish or container.
- ✓ Wash and disinfect table coming in contact with food packaging.

	LE DORAL MENU
WEEK 1	Shepherd's pie Chicken Strips, rice and vegetables
WEEK 2	Cheese cannelloni Sausage Peperonata, rice and vegetables
WEEK 3	Pasta Kit (sauce and pasta) and salad Chicken Cutlets, rice and vegetables
WEEK 4	Meatball Stew, rice and vegetables Homemade Macaroni and Cheese

For any questions or concerns concerning this program, please do not hesitate to contact your school Principal or send an email message to: sbeaudry@emsb.qc.ca