



The Class of 2024 (Class 2) is proud to present:

Wednesday Snack Day

Muffin & Fruit or Muffin & Cashews

- * 4 kinds of fabulous muffins: Zucchini Chocolate Chip, Blueberry, Carrot Cake and Banana Sunshine (all available in GF/DF versions)
- * Each muffin variety served 4 weeks each
- * Made with organic flour, free range eggs, organic fruits & veggies and less processed sweeteners
- * Muffins will be delivered to Grades classes in time for snack and to Afternoon Garden as an addition to a packed lunch

Muffin & Fruit option: \$2.00/week for 16 weeks (\$32.00 total)

Muffin & Cashew option: \$2.50/week for 16 weeks (\$40.00 total)

Delivery will start January 31st and continue through May 23rd.

Thank you for supporting Class 2!!!

Please return this portion of the sign up sheet and cash/check to the Class 2 mailbox in Williams Hall by **January 19th** with the following info (indicate preferences with an “X”):

| Student Name | Grade | Muffin & Fruit | Muffin & Cashews | Gluten Free/ Dairy Free |
|--------------|-------|----------------|------------------|----------------------------|
| | | | | |
| | | | | |
| | | | | |

Please make checks payable to “SWS Class of 2024”.

Contact Jen Collins, hellojencollins@yahoo.com with questions.

Most of the food offered in our lunch fundraiser program comes from private homes that are not licensed or inspected (The pizza lunch comes from a local restaurant). According to the PA Department of Agriculture, SWS is exempt from licensure or inspection under the Retail Food Facility Safety Act because we are a private school (not a retail food facility), we receive no public monies for and do not offer our program to the public. Even so, we strongly encourage everyone who is preparing and/or serving lunches to follow the Safe Food Handling recommendations from the US Department Of Agriculture.

Please be informed of these conditions as you plan your lunch choices. If you have questions, please check with your Class Parent or teacher.



United States Department of Agriculture Food Safety and Inspection Service

7 Food Safety Steps for Successful Community Meals

Whether preparing food for a family reunion or a community gathering, people who are great cooks at home don't necessarily know how to safely prepare and store large quantities of food for large groups. Food that is mishandled can cause foodborne illness. However, by following some simple steps, volunteer cooks can make the event safe and successful!

1. Plan Ahead — Make sure the location meets your needs.

- Be sure you have enough oven, stovetop, refrigerator, freezer, and work space.
- Find out if there's a source of clean water. If not, bring water for preparation and cleaning.

2. Store & Prepare Food Safely

- Refrigerate or freeze perishable food within 2 hours of shopping or preparing; 1 hour when the temperature is above 90 °F.
- Find separate preparation areas in the work space for raw and cooked food.
- Never place cooked food back on the same plate or cutting board that held raw food.
- Wash cutting boards, dishes, utensils, and work surfaces frequently with hot, soapy water.
- Wash hands with soap and warm water for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, or handling pets.

3. Cook Food to Safe Minimum Internal Temperatures — It's the only way to tell if harmful bacteria are destroyed!

- Use a food thermometer to check the internal temperature of meat, poultry, casseroles, and other food. Check temperature in several places to be sure food is cooked to a safe minimum internal temperature.
- Never partially cook food for finishing later because you increase the risk of bacterial growth.

4. Transport Food Safely — Keep hot food HOT. Keep cold food COLD.

- Keep hot food at or above 140 °F. Wrap well and place in an insulated container.
- Keep cold food at or below 40 °F. Place in a cooler with a cold source such as ice or frozen gel packs.

5. Need to Reheat? Food must be hot and steamy for serving. Just "warmed up" is not good enough.

- Use the stove, oven, or microwave to reheat food to 165 °F. Bring sauces, soups, and gravies to a boil.

6. Keep Food Out of the "Danger Zone" (40-140 °F).

- Keep hot food hot - at or above 140 °F. Place cooked food in chafing dishes, preheated steam tables, warming trays, and/or slow cookers.
- Keep cold food cold — at or below 40 °F. Place food in containers on ice.

7. When in Doubt, Throw it Out!

- Discard food left out at room temperature for more than 2 hours; 1 hour when the temperature is above 90 °F.
- Place leftovers in shallow containers. Refrigerate or freeze immediately.

Be Food Safe! Prepare with Care

- CLEAN. Wash hands, utensils, and surfaces often.
- SEPARATE. Don't cross-contaminate.
- COOK. Use a food thermometer.
- CHILL. Chill food promptly.