

Friday Soup & Muffin Day!

The 4th grade class will be serving a delicious bowl of homemade vegetable soup accompanied by a corn muffin through the Spring semester.



Soup Friday will continue January 19th through March 16th (7 weeks total). Each hearty serving (approx. 1-1/2 c. of soup for regular portion, 2 1/4 c. for large) will be accompanied a corn muffin. Cheese will also be available to top the soup. The tomato based vegetable soup (with rice and lentils) is completely **vegan and gluten free**. Gluten free/ Dairy free corn muffins are also offered for an additional cost.



*Please return the bottom portion of this form to Tracie Couch, along with your check payable to "SWS Class of 2022," no later than **Friday, January 12th**.*

Please contact Liz Pargament by email (pargament@comcast.net) with any questions.

Each diner must provide his or her own bowl!
Afternoon Garden Children MAY participate.

Friday Soup & Muffin Day

Name _____ Grade _____ Regular/ Large (circle ONE)

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_____ Spring Semester: 7 weeks (Jan. 19- Mar. 16) Regular \$24.50/ Large \$35.00

GLUTEN FREE/ DAIRY FREE Corn Muffin: YES / NO **Please add \$0.50 per meal for gluten free (e.g. Total for 7 weeks \$28.00 for Regular, \$38.50 for Large)

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.