



Well Fed COVID Policies and Plan for Kids Cooking Camps 2020

1. Before arriving, parents must explain physical distancing (2 meters apart) as much as possible and what to expect.
2. All participants, Well Fed teachers and staff will be required to wear clean non-medical masks each day.
Participants will be required to bring their own clean non-medical mask from home each day. As at times physical distancing may or will not be possible.
3. Please talk to your kids before they come about behaviour, listening, and touching. Absolutely no touching will be permitted of other students, the chef/teacher, staff, materials, tools, or things around the studio outside of their station. Students will be instructed before each lesson of this and to keep their hands to themselves and guided on how to appropriately physical distance.
4. Drop off at the front door only to limit the amount of people inside. In any outdoor lineups people must keep 6 feet apart, as marked on pavement. No parents inside, no exceptions. Students are only permitted to bring a labelled water bottle, no backpacks. All students will be provided their own clean apron from Well Fed with their name on it, that will be kept at their workstation.
5. Families will answer questions during sign in to ensure each student is fit to participate. Parents must confirm their child is not experiencing any symptoms of Covid-19 including: fever, chills, cough, shortness of breath, sore throat or painful swallowing, runny nose, nasal congestion, loss of sense of smell, headache, muscle aches, fatigue, loss of appetite. If a child or any family member in the household is ill, do not come. If a teacher observes signs of illness in a child, parents will be contacted immediately to pick up and no credit or refund will be given. If a teacher is feeling ill we will cancel class with as much notice as possible and credit will be applied to any participating family account.
6. Each child will have their own workstation set to work at with physical distancing from other students. Each workstation will have their own kitchen tools and utensils, apron, chair, and bench underneath to store their water bottle and recipe material. No sharing of kitchen tools, utensils, plates, cutlery, and aprons between students, chef/teachers or staff.

7. Good hygiene practices enforced, frequent hand washing- upon arrival, after use of restroom and before and after eating
8. During the class, each child will work at their workstation and prepare their own food that they will be eating for lunch. All students will eat at their station, with their own plate and cutlery the food that they have made for themselves. No sharing of food, plates, cutlery for lunch. At times demos of recipes will be made by chef/teachers that strictly follow food safe guidelines. In this case portions will be provided to each child individually.
9. Each day morning snack will be prepared by the Well Fed team following food safe guidelines and provided to the children on individual plates to eat on their own at their workstation. No sharing of food between students, teachers, or staff.
10. Each day students with a staff member will participate in a short outdoor walk or activity following Phase 3 guidelines.
11. Take home of food prepared by children: Each child will be provided with take out containers at their workstation for them to take home their food they prepared in class. No sharing of food for take-home.
12. We appreciate your assistance to make this a safe environment for all. Thank you for your cooperation.